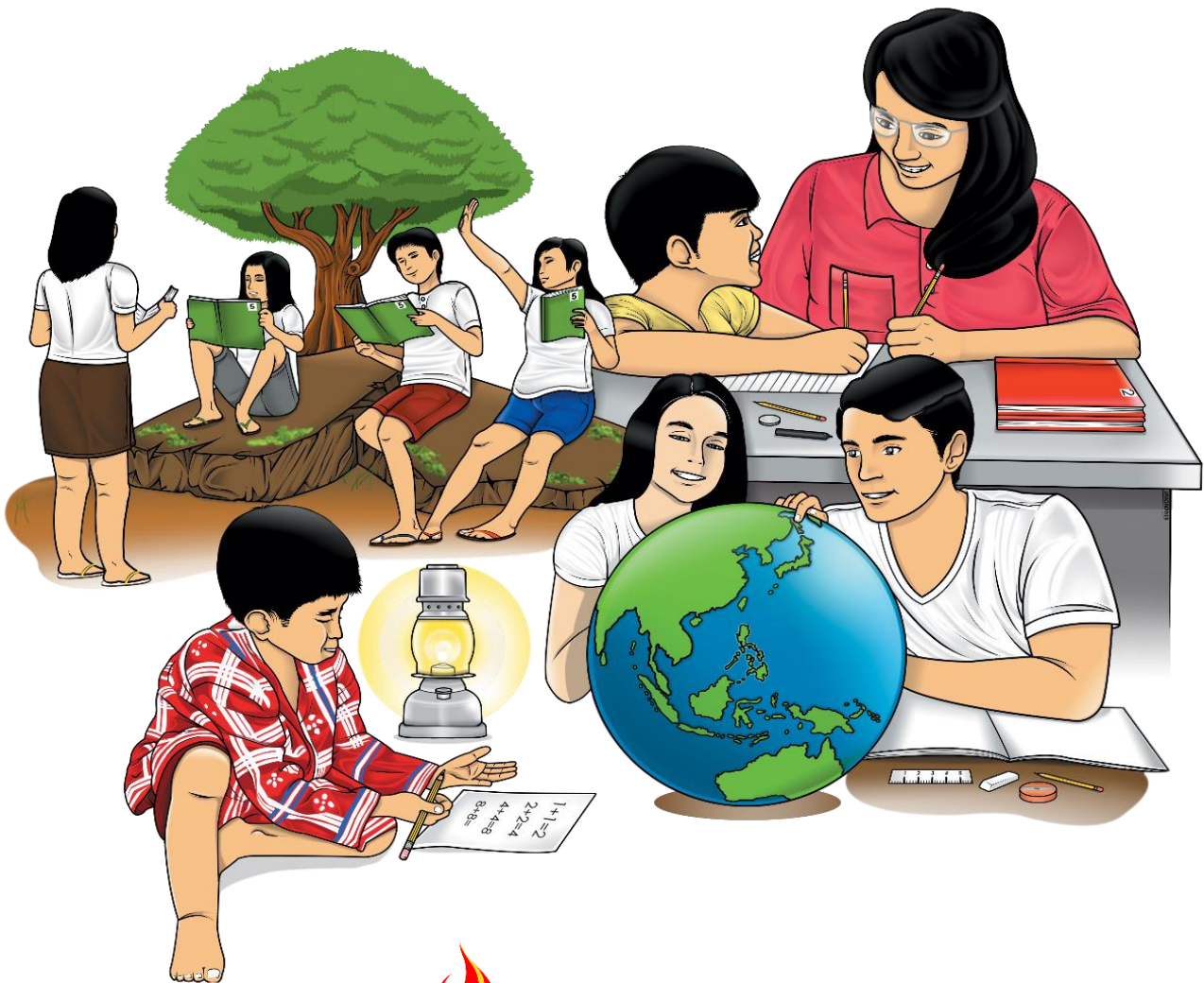


Arts

Quarter 4 – Module 8: Movements and Gestures of Arts Forms of Asia



Arts – Grade 8
Alternative Delivery Mode
Quarter 4 – Module 8: Movements and Gestures of Arts Forms of Asia
First Edition, 2021

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Arts

**Quarter 4 – Module 8:
Movements and Gestures of Arts
Forms of Asia**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

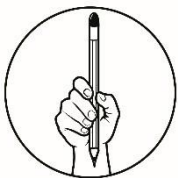


What I Need to Know

This module was designed and written for your benefit and convenience. It is here to help you to be more proficient in Arts. The scope of this module covers many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged following the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

After going through this module, you are expected to:

Choreograph the movements and gestures reflecting the mood of the selected festival and theatrical forms of Asia. **(A8PR-IVe-f-4)**



What I Know

Directions: Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. Which of the following refers to a dramatic pose in a moment of emotional intensity?
A. Bali dance
B. Kabuki
C. Mie
D. Mudras
2. Which of the following types of dances gives emphasis to movements like hands and eyes?
A. Bali dance
B. Dragon dance
C. Kabuki
D. Taiko
3. Which of the following refers to a role played by men but is actually a female role?
A. Aragoto
B. Balinese
C. Onnagata
D. Performer
4. Which of the following is a combination of Kabuki?
A. Music, vocal performance, dance and acrobatics.
B. Music, eye movements, hand gestures
C. Speech, dance-acting, combat
D. Speech, pantomime, eye movements, hand gestures

5. What is the fundamental component of stage presence in Chinese Opera?
 - A. Costume and props
 - B. Eye movements
 - C. Hand gestures
 - D. Martial arts skill

6. What do you call the performance with shadows cast on a cotton screen and an oil lamp?
 - A. Dragon dance
 - B. Kabuki
 - C. Peking Opera
 - D. Shadow Puppet

7. What is a traditional dance performance in Chinese culture?
 - A. Bali dance
 - B. Dragon Dance
 - C. Lion Dance
 - D. Taiko Drum Festival

8. What are the different several hand and finger gestures in a Bali dance?
 - A. Combat
 - B. Mudras
 - C. Skills
 - D. Puppeteer

9. What is this thing that people release in the sky as they offer a small prayer and good wishes?
 - A. Loi Krathong
 - B. Shadow Puppet
 - C. Sky Lantern
 - D. Wayang Kulit

10. On the day of the Loi Krathong festival, which of the following actions will be done by people who carry their own krathong to the rivers and canals, after they light the candles and make a wish?
 - A. They will allow it to sink
 - B. They will hang it by the big tree at the side
 - C. They will set it in the waters to float away
 - D. They will release it to fly in the sky

11. Why are the drumming movements of the taiko drum festival generally tiring?
 - A. because it is dramatic
 - B. because it is hard and fast
 - C. it is intricate and slow
 - D. it is mystical and historical

12. Why is Kabuki translated as ‘the art of singing and dancing’?
 - A. It is famous in the country.
 - B. because performances involve a music ensemble and tightly choreographed movements
 - C. because movements traditionally symbolize historical roles
 - D. because it is a traditional drama with a highly stylized song, mime and dance

13. Why are the knees and back of the performers of Onnagata bent?
- A. to look smaller
 - B. to move elegantly
 - C. to have tightly controlled movements
 - D. to incorporate feminine movements
14. Why must the Dalang (shadow artist) be able to describe and invoke a scene in his/her performance?
- A. to give beauty to the show
 - B. It helps in creating good endings.
 - C. to bring the shadows to life
 - D. to give satisfaction to the audiences
15. Which of the following best describes the reason why movements and gestures must be emphasized in every performance?
- A. Gestures allow audience to know the end of the story.
 - B. Gestures and movements are the only elements that are important to every performance.
 - C. Gestures convey different meaning and shows the kind of role the performers are trying to portray.
 - D. Gestures are movements which can never be excluded in a performance.

Lesson 1

Movements and Gestures of the Selected Festival and Theatrical Forms of Asia

Movements and gestures both in festival and stage play show how performers communicate with their audiences. It is action, movement, emotion and expression all rolled into one motion that communicates moods, feelings and information.

The figures below are examples of dance movements and gestures.



Source:
chinadaily.com.cn/ezone/att/site1/20070531/xin_250504310951112183019.jpg



Source: china-tour.cn/images/Turpan/Uygur-Dance.jpg



Source: <http://cc.nphoto.net/view/2008/11859.shtml>

In this lesson, we will learn about the different movements and gestures of the festival and theatrical forms of Japan, China, Indonesia and Thailand which are reflected in their lifestyle, traditions and culture.








What's In

In the previous lesson, you have learned about the relationship of selected Asian Festival and the Festival in the Philippines in terms of form and reason for holding the celebration. Now let us try to answer the given activity.

Activity: Guess What It Is!

Identify the name of the Festival and Theatrical Form that is shown in the picture. Give the reason why it is celebrated in the country where it comes from.

	Festivals/ Theatre Art Form	Function/Reasons for Holding Celebration
		
		
		
		
		

Sources: (1.) www.kawaiikakkoiisugoi.com/2011/02/16/japanese-kodo-drumming-from-an-american-perspective/ (2.) Dominic Alves / [flickr.com/photos/dominicpics/3311868204/](https://www.flickr.com/photos/dominicpics/3311868204/) (3.) <https://cja.org/join-us-for-cjas-18th-anniversary-dinner/> (4.) James Mattiske / <https://kabukiteam.weebly.com/performance-style.html> (5.) Sentausa / https://commons.wikimedia.org/wiki/File:Wayang_kulit_Gathutkaca_%26_Bima.jpg



What's New

Have you ever watched a festival or stage play before?

Everywhere in Asia there are always highlights in every celebration, like the festival dances or plays to be performed by people to give entertainment. It is what gives life to the event. So, it is something that cannot be missed!

Activity 1: Share It Up!

Directions: Use a separate paper for your answer.

- List down some festival and stage plays that are familiar to you.

- What have you observed from their performances?

Aside from enjoying the performances, it is also important to learn about the movements and gestures of the selected festival/theatrical form of Asia. It will be fun and exciting and will help us enhance our skills and appreciation about the art forms of Asian countries.



What is It

This lesson enables you to understand the movements and gestures of Japan, China, Indonesia and Thailand that depicts their life, cultures and traditions. It provides you better understanding on the skills you need to acquire as you go through this lesson.

Movements and gestures are unique in every culture. And the best way to show it is through their performances like the play in theatre and festival dances where most actions and steps involved were inspired by their history, their way of living, day to day life or even religious beliefs. Gesture in every festival and play conveys different meaning and it even shows the kind of role that the performers are trying to portray.

Theatrical Forms of China, Japan, Indonesia and Thailand

Kabuki of Japan

Kabuki, sometimes translated as ‘the art of singing and dancing,’ is the third most important Japanese traditional drama. It features highly-stylized song, mime and dance and is performed only by **male actors**.

One of the most iconic parts of Kabuki is make-up. Actors of the play are the ones who apply their own make-up.



Source: James Mattiske / <https://kabukiteam.weebly.com/performance-style.html>

The Onnagata (female role), which are played by men cannot rely on beauty but worked on emphasizing and stylizing their feminine movements and gestures, creating a larger-than-life femininity, they also speak in falsetto. To look smaller their knees and back are bent, their fingers are kept together and movements are elegant and tightly controlled. Taking tiny steps together and toes pointed inward.

Aragoto on the other hand is performed with a broad and bombastic style. The Mie, this a dramatic pose in a moment of emotional intensity. Kabuki acting styles are evocative.

Activity 1: Onnagata!

Experience is the best teacher! Try doing the following movements:

- Stand up.
- Imagine yourself as the onnagata in kabuki.

Inside your house walk for three meters with bend knees and back and take tiny steps with toes pointed inward. Lastly, while walking, try to speak in a falsetto.

So how did it go? Was it easy doing the Onnagata role? Or do you need more practice? Well now you have idea how the performers of kabuki must have been so skillful that they are able to pull off their roles well.

Peking Opera



Source: 陈文 <https://www.flickr.com/photos/univers-finder/>

Peking Opera or Beijing Opera is a combination of music, vocal performance, pantomime, dance and acrobatics.





The four main skills that the performers of Peking Opera utilize are: song, speech, dance-acting which includes pure dance, pantomime and all other types of dance and combat which includes both acrobatics and fighting with all manner of weaponry.






Aesthetic Aims and Principles of Movement:

- The highest aim of performers in Peking Opera is putting beauty into every motion.
- The art form, gestures, settings, music and character types are determined by long held conventions of movement:
 - To symbolize that the person is travelling in a long distance, the performer walks in circle.
 - When a character is straightening his or her costume and headdress it means that an important character is about to speak.

Another fundamental component of stage presence in Chinese Opera is **Hand Gestures**.

Here is a selection of some of the most graceful gestures photographed by **Yu**, reimagined by graphic designer Alexandra Osipov.

	Symbolizes 'flourishing' it is one of the poses of a female character holds in the process of rolling up her sleeves.
	A way to indicate one's head.
	Holding a thin, delicate object like a flower.
	The way a female character carries a tray.

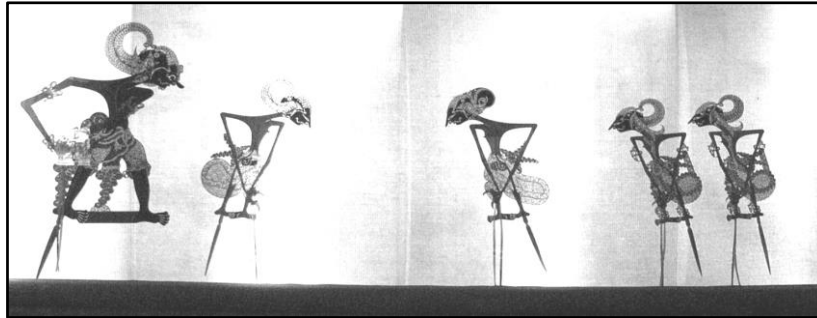
	<p>The act of holding a writing brush.</p>
	<p>The act of cupping one's hands in obeisance or greeting.</p>
	<p>The gesture that indicates a faraway place, a long way to go.</p>
	<p>A delicate way to clap one's hands.</p>
	<p>Portraying pouring jade,' it's one of the many ways to hold a fan.</p>

Activity 2: Hand Gestures!

Looking at the images shown above. Try to imitate the gestures with your hand. Was it easy for you to do the hand gestures? How did you find the activity?

Wayang Kulit of Indonesia

The characters in Wayang Kulit are easily identified by their shape, gesture, voice and movement. All of the Wayang Kulit characters have distinct voices, faces, shapes (body and face) movements/gestures and colors and fingers, eyes and teeth.



Source: Wikipedia

The Dalang or shadow artist, who manipulates carved leather figures between the lamp and the screen to bring the shadows to life must also be able to describe and evoke a scene. He must also be familiar with all the music and stories and should be humorous.

Wayang Kulit performance consists of shadows cast on a cotton screen and an oil lamp. In Java, most often used as a light source is a halogen electric light.

Nang Shadow Puppets of Thailand

During a performance the puppets appear only in shadow against a white sheet, with light shining through from behind. They are manipulated with rods that control movements of the arms and legs.

Even though only the shadows can be seen during the performance, still they make it colorful.

They have a religious theme or an episode from the Ramayana epic which contains dozens of individual stories. They can be specially written to include up-to-the minute reflections, songs and poems about local events and matters of current interest in the district or country.



Source: Wikipedia

One of the attempts of Nang is to relay to the audience the importance of Thai values and ideologies in a changing world, however, in all their performances the mystical and historical events remain fundamental.

Asian Festivals

Chinese Festival: Chinese New Year

Dragon Dance, a traditional dance and performance in Chinese culture. Traditionally, Chinese people worship the dragon regarding it as a symbol of luck.

During the festival, dragon dancers will perform their dances which involve imitating the movements and gestures of a river spirit in a flowing, rise and fall manner.



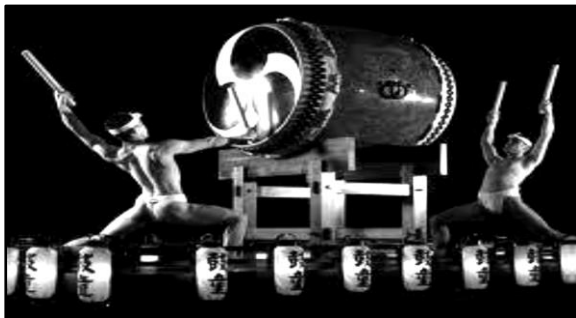
Source: www.guardian.co.uk

Movements in their performance traditionally symbolize historical roles of dragons demonstrating power and dignity.

Taiko Drum Festival

It is a musical art form involving a music ensemble and tightly choreographed movements.

Dynamic playing style is one of taiko's most defining aspects. Taiko playing is loud, hard and fast and involves a lot of choreographed movement, which many identify as Japanese Martial Arts.



Source: jtex.wordpress.com

Because of their strict choreographed movements, it is important that the performers develop an awareness of their body movement in space and their interaction with the other players.

Their movements are generally tiring, for it is hard and fast. The performers need to be in good shape and of course develop speed and endurance.

Indonesia's Bali Dance Festival

Dance plays a huge part of Balinese culture. Balinese dance is very unique, dynamic and very expressive.



Source: Wikipedia



Source: travel.nationalgeographic.com

Since it usually tells a dramatic story, the movements are very physically demanding and there's a lot of attention to detail in the dance.

The hand and eye movements are very important. Eye movements must be done with eyes wide open and no blinking at all.

Activity 3: Do it Together!

- Get a timer.
- Set the time for two minutes.
- You can use any music that you would like.

Once everything is set, start dancing like some Balinese dancer. Do not forget to do some hand gestures. Most importantly, while dancing, keep your eyes wide open straight for two minutes without blinking at all.

Did you perform the activity? Did you follow the instruction? If yes, very good! So how did it go for you? Was it easy keeping your eyes wide open while doing some hand gestures?

The several different hand and finger gestures is called mudras. Even being praised for their skills, performers must have charisma, humility and discipline and of course a spiritual energy that will enliven the performance.

Thailand's Sky Lantern (Yi Peng)



Source: Wikipedia

An event in Thailand wherein people launch lanterns which are actually small hot air balloons. Every time a lantern is released in the sky, the person who release it will offer a small prayer and good wishes.

People believe that the longer and higher the lantern floats in the sky, the more likely that the deities will receive and grant their wishes.

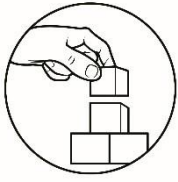
Loy Krathong or Loi Krathong

This is a festival that is believed to have originated from ancient times, a practice of paying respect to the spirit of waters.

People traditionally make their own krathong at their home together with friends and family. In the day of the festival, people will carry their own krathong to the rivers and canals, they light the candles and then make a wish before setting it in the waters to float away.

To know more about Southeast Asian performances, you may follow the online links:

- Kabuki Theater: <http://youtu.be/67-bgSFJiKc>
- Peking Opera: <http://youtu.be/vtV3iAuYN48>
- Tari Panyembrama - Balinese Dance: <http://youtu.be/PIGGWeGYTjI>
- Kodo 30th Anniversary - One Earth Tour: <http://youtu.be/qyGaK1FR6gU>
- The Wayang Puppet Theater: <http://youtu.be/pfydro4X2t0>
- Lunar New Year Celebrations Begin in China: <http://youtu.be/5Xtp9M5eU1>
- Loy Krathong Festival in Chiang Mai 2009: <http://youtu.be/pf8oPMkZmxg>
- Traditional Thai Puppet Performance in Phattahlung Thailand:
http://youtu.be/5yb_STsV9dY
- Mahabharata Performance - Wayang Kulit Jawa: Arjuna Slays a Giant:
<http://youtu.be/Of7ViIM9Wwc>



What's More

Now let us process the things that you have observed and learned about the movements and gestures of festivals and theater arts.

Activity 4: In the Box!

Do this activity in a separate sheet of paper.

Option 1: Video Clips Presentation

Note: Refer to links that were provided if the CD is not available.

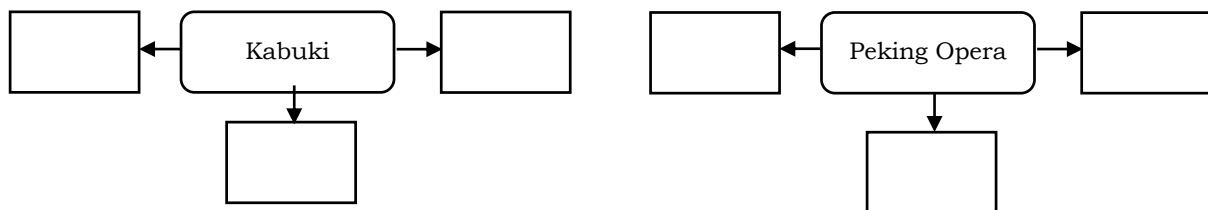
You are going to watch China's Peking Opera, Japan's Kabuki, Indonesia's Wayang Kulit and Thailand's Nang Puppet show. Answer the questions given below.

Option 2: Content Discussion

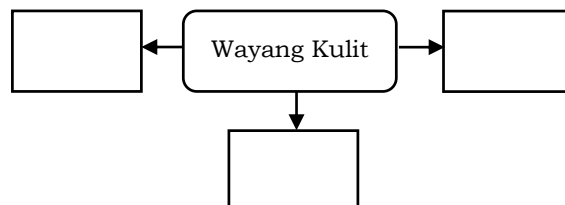
Note: This is for students who were not able to watch the video.

Ask for someone in your family or a friend that can help you with this activity. You can go back to reading the topic and have a short discussion and sharing of ideas. If you are finished, you can proceed on answering the questions below.

1. Describe the movements and gestures done in the play.



2. Describe how the Wayang Kulit puppets are performed in the play.



3. Compare Thailand's Nang (shadow puppet show) performance to Indonesian's Wayang Kulit.

Activity 5: Festival Matrix

Directions: Fill in the matrix below with the information about each festival based on the readings in the previous pages. Do this in a separate sheet of paper.

Festivals	Performers/ Persons Involved	Movements and Gestures
Taiko Drum Performance of Japan		
Spring Festival/Chinese New Year of China		
Bali Dance Festival of Indonesia		
Lantern Festival of Thailand		



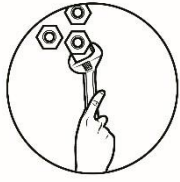
What I Have Learned

Job well done! This time let us check if you really mastered and understood the lesson. Answer the activity in a separate sheet of paper.

Activity 6: Complete Me!

Complete the paragraph:

Mime, movements and gestures are very important in Asian theatres and festival because _____



What I Can Do

Now it is time for you to focus on your skills. I am certain that you already have experienced some activities like acting and dancing before.

Here is an activity for you to develop your skills in dancing and acting. Always remember that in doing this activity you need to do your best.

Activity 8: Time to Perform!

Note: For this activity you can ask for assistance and help from your family member and friends. Remember to use appropriate music, make-up, props and costumes. Refer to the links that were provided if the CD is not available.

Option 1: From the videos that you have watched, choose one that you like best and make a simple 3-minute video of yourself imitating the gestures and movements of the theatre arts that you have chosen.

Option 2: Based on your knowledge and experience about festival dances or from the help of your friends and family members, create a 3-minute dance video incorporating your own movements and choreography.

Criteria for Presentation	Percentage	Rating
Appropriateness of Gestures/Movements	25%	
Creativeness/Choreography	25%	
Makeup, costumes, props	25%	
Music	25%	
Total	100%	

Follow up Questions:

1. How did you find the activity?
2. Have you asked anyone to help you? Who are the persons that accompany you in doing the dance steps and choreography?
3. Did you find it hard to convince them? Why?
4. Lastly, what can they say about the festival dance that you have performed?

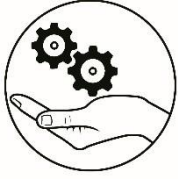


Assessment

Directions: Choose the letter of the correct answer. Write your answer on a separate sheet of paper.

1. What do you call the different hand and finger gestures in a Bali?
A. Combat
B. Mudras
C. Skills
D. Puppeteer
2. Which of the following types of dances give emphasis to movements like hands and eyes?
A. Bali Dance
B. Dragon Dance
C. Kabuki
D. Taiko Drum Festival
3. Which of the following refers to a dramatic pose in a moment of emotional intensity?
A. Bali dance
B. Kabuki
C. Mie
D. Mudras
4. What do you call the performance with shadows cast on a cotton screen and an oil lamp?
A. Dragon Dance
B. Kabuki Theatre
C. Shadow Puppet
D. Wayang Kulit
5. Which of the following dances mimic the supposed movements of the river spirit in a flowing rise and fall manner?
A. Bali Dance
B. Dragon Dance
C. Lion Dance
D. Taiko
6. What is the fundamental component of stage presence in Chinese Opera?
A. Costumes and props
B. Eye movements
C. Hand gestures
D. Martial arts skills
7. Which refers to a role played by men, but is actually a female role?
A. Aragoto
B. Balinese dancer
C. Onnagata
D. Performer
8. Why is Kabuki translated as ‘the art of singing and dancing’?
A. for it is famous in the country with its unique performances
B. because performances involve a music ensemble and tightly choreographed movements
C. because movements traditionally symbolize historical roles
D. because it is a drama with highly stylized song, mime and dance

9. What is the reason why the Taiko Drum Festival is generally a tiring performance?
- because it is dramatic
 - It is intricate and slow.
 - because it is hard and fast
 - It is both mystical and historical.
10. What is this thing that they release in the sky wherein the person who releases it will offer a small prayer and good wishes?
- Loi Krathong
 - Air balloons
 - Sky Lantern
 - Wayang Kulit
11. On the day of the Loi Krathong festival, which of the following actions will be done by people who carry their own krathong to the rivers and canals, after they light the candles and make a wish?
- They will allow it to sink
 - They will hang it by the big tree at the side
 - They will set it in the waters to float away
 - They will release it to fly in the sky
12. Why are the knees and back of the performers of Onnagata bent?
- to look smaller
 - to move elegantly
 - to have movements tightly controlled
 - to incorporate feminine movements
13. Which of the following is a combination of Kabuki?
- Speech, dance-acting, combat
 - Music, eye movements, hand gestures
 - Music, vocal performance, dance and acrobats
 - Speech, pantomime, eye movements, hand gestures
14. Why must the dalang (shadow artist) be able to describe and invoke a scene in his/her performance?
- to bring the shadows to life
 - to give beauty to the show
 - It helps in creating good endings.
 - to give satisfaction to the audience
15. Which of the following best describes the reason why movements and gestures must be paid attention in every performance?
- Gestures allow viewers to guess the ending of the story.
 - Gestures and movements are the only element that is important to every show.
 - Gesture conveys meaning and shows the kind of role the performers are trying to portray.
 - Gestures and movements can sometimes mislead the viewers in every show and performances.



Additional Activities

Isn't it amazing to be able to study the gestures involved with the festivals and theatre of Japan, China, Indonesia and Thailand? Let's answer the given activities for you to further understand the lesson in this module. You may write your answers on a separate sheet of paper or in your notebook.

Activity 9: Think About It!

You were tasked to do three activities during the discussion, those are the Kabuki's Onnagata, the Hand gestures of Peking Opera and Bali dance. Out of the three which activity did you enjoy performing? Why?

Name of Activity	→	Reason for choosing it
	→	Reason for choosing it
	→	Reason for choosing it

Activity 10: My Journal

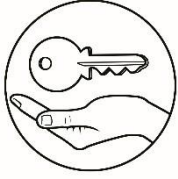
Directions: Write a journal of what you have learned throughout the lessons in this module. Write it on a separate sheet of paper or in your journal notebook.

MY LEARNING JOURNAL	
Topic: _____	
Date: _____	
<p>What significant learnings have I gained in this lesson?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>What do I feel upon my journey through this module?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>_____</p> <p><i>Name and Signature of Learner</i></p>	<p>_____</p> <p><i>Name and Signature of Facilitator</i></p>



Notes to the Learner

Hello learner! If ever it is difficult for you to express yourself in English language, do not worry you can answer this activity "My Learning Journal" in Tagalog language or your own vernacular language. So, just take it easy! Happy learning!



Answer Key

ASSESSMENT
1. B
2. A
3. C
4. C
5. B
6. C
7. C
8. D
9. C
10. C
11. D
12. A
13. C
14. A
15. C

WHAT I KNOW
1. C
2. B
3. C
4. A
5. C
6. D
7. B
8. B
9. C
10. D
11. C
12. D
13. A
14. C
15. C

References

Websites:

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Book:

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