FOLK ARTS AND DESIGN
OF LUZON
This lesson will introduce you to the folk arts and designs of Luzon, the largest island of our country. Luzon in the northern most part of the Philippine Archipelago that includes the island of Luzon itself, the Batanes and Babuyan groups of islands to the north, and outlying islands of Catanduanes, Marinduque, Masbate, Romblon, Palawan, and Mindoro in the south. Luzon is the economic and political center of the Philippines, being home to the country’s capital city, Manila.
The Ilocanos are among the largest ethno-linguistic groups in the country. Majority of them are living in La Union, Abra, Isabela and in other parts of the country. The Ilocanos are highly influenced by Christianity.
They are known for their *iloco* or *inabel* fabric. This especial fabric is made from cotton which undergo the pains taking binatbatan or beating of the cotton balls using bamboo sticks to separate the seeds during the initial stage. The traditional threads are dyed from the sap of black plum called *Sagut* that are abundant in Mangaldan in Pangasinan but artificially dyes already introduced for commercial production.

Ilocanos are also noted for their foods such as the *dininding* and *pakbet*. Two of the most loved dishes in our country today.
Pangasinan is known as the salt capital of the region during the pre-Hispanic times. Popular stories say it is a Muslim kingdom trading with Arabs and Chinese and was the land once ruled by Urduja, a warrior princess who fought and won many battles during her time. Arts and crafts include the smoothly waved Bolinao mats made from buri or raffia leaves, the bamboo crafts of San Carlos, bagoong and the tasty Tapang bangus.
It is located in the Cordillera Autonomous Region (CAR). It is the home for the cordilleran (the politically correct team for Igorots).

Igorots are hillside dwellers. This condition explains why most of them are farmers and their artistic expressions are related to farming such as the tinalik basket made from rattan. They are also famous because of their farming on terraces carved out of the mountain.
The people of Kalinga are also great weavers. Their cloth weaving and basketry are among the finest products in the region. Kalinga textiles are characterized by dominant red stripes and motif’s of geometric patterns as well as nature symbols interfaced with white, yellow, and black fibers.

The term Ifugao means people from the hills that is why non-Cordilleran's called them Igorots but they prefer the first name. their arts and culture revolves around rice.
The Ifugaos weave a loincloth called *Ikat* which is actually an Indonesian term, meaning to bind together. Their motif is characterized by diamond stripes of white and red stripes. The dominant color is blue.

The Ifugaos are also great basket weavers. They are also known for amulets that are made of beads, gold, bronze and other materials. This amulets are called *lingling-o* or *dinumug* used as fertility symbols and worn around the neck.
It is located in the Cordillera central mountain and known for its hanging coffins and mummified bodies. They employed special burial techniques that could equal the techniques of mummification in ancient Egypt. The humid air and atmosphere in Mountain province caves helped preserved bodies. These mummies are called fire mummies, Benguet mummies, kabayan mummies and many more names.
The province is also known for their kadangyan burial cloth for rich people.

Tattoo art is another form of folk arts in Mountain Province. Tattoo is part of clothing and is considered decoration.

The people of Bontoc are also great weavers.
The Bontocs are known for their different types of baskets such as the *bobo* and *suklang*.

Ikat weaving is important among the Bontocs.
The original settlers of Abra are the ancestors of Bontocs and Ifugao. When they left Abra and settled in the Ifugao and Mountain province.

The people of Abra use natural dye and still practicing loom weaving and they embellish the woven fabric cloth of embroideries in their fabrics.