

## Dampa

The game is played with the use of rubber bands, known as *lastiko* in the vernacular. *Dampa* is the act of producing air to come out from a hollow of dome-shaped palms when struck against the ground.

*Place retrieved:* Tacloban City, Mayorga

*Objective:* The player will aim to move the rubber band beyond the service line through *dampa*.

*Fitness Development:* Arm strength

*Play Skills Development:* Control in producing an amount of air in *dampa*.

*Emotional-Social Development:*

Control during the exciting parts of the game, courage to move the rubber bands beyond the line, waiting one's turn, and courtesy regarding others' mistakes.

*Venue:* Outdoors or indoors; smooth, flat surface

*Players:* Children; individual

*Materials:* Rubber bands

*Lay-out of the Playing Area:* smooth, flat surface



*Mechanics:*

1. The players will determine the sequence to *dampa* the rubber band through *palagunting* (jack en poy) or *hurumpyang* if there are 3 or more players.
2. Players will alternately *dampa* the piled rubber bands on the ground. A player will win in the game if the player is able to move an odd number of rubber bands beyond the service line and take rubber bands that go beyond the line. If an even number of rubber bands goes beyond the line, the opponent will take rubber band.
3. Players should not clip the rubber band when doing the *dampa* so as not to forfeit the turn to play.
4. If a player moves an odd number of *lastiko* beyond the service line, he will continue the play. The turn to *dampa* will change only if an even number of rubber bands is displaced; then the opponent will have the turn to play.

