

MUSIC, DANCE AND SPORTS IN KENYA.

Traditional music and dance of
Kenyan communities.

By Naomi Wachuka Kiai

■ Music was a part of everyday life in traditional African communities. It was as a result of the desire of the people to express different feelings.

■ Occasions for music making include ceremonies for rites of passage, successful raids/ wars, sacred ceremonies and wedding ceremonies.

INTRODUCTION.



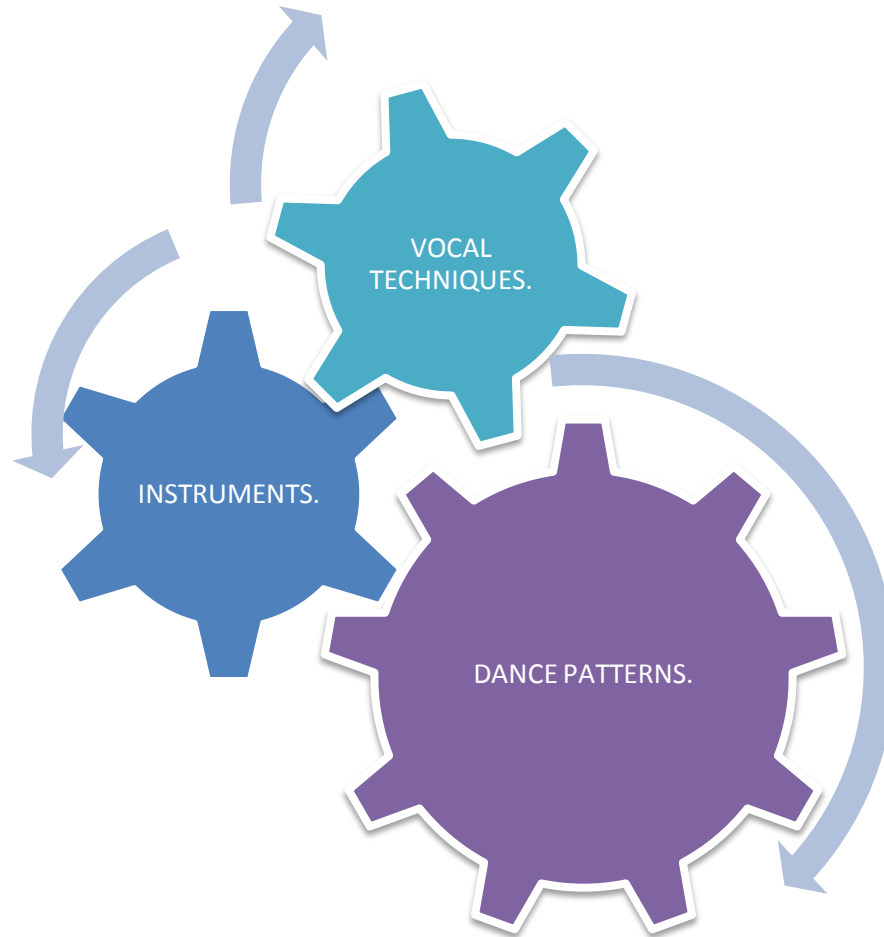
Traditional Akamba dance.

Filmed at location at
Park Sida Villa Kitui
Katulani Secondary School
Katulani

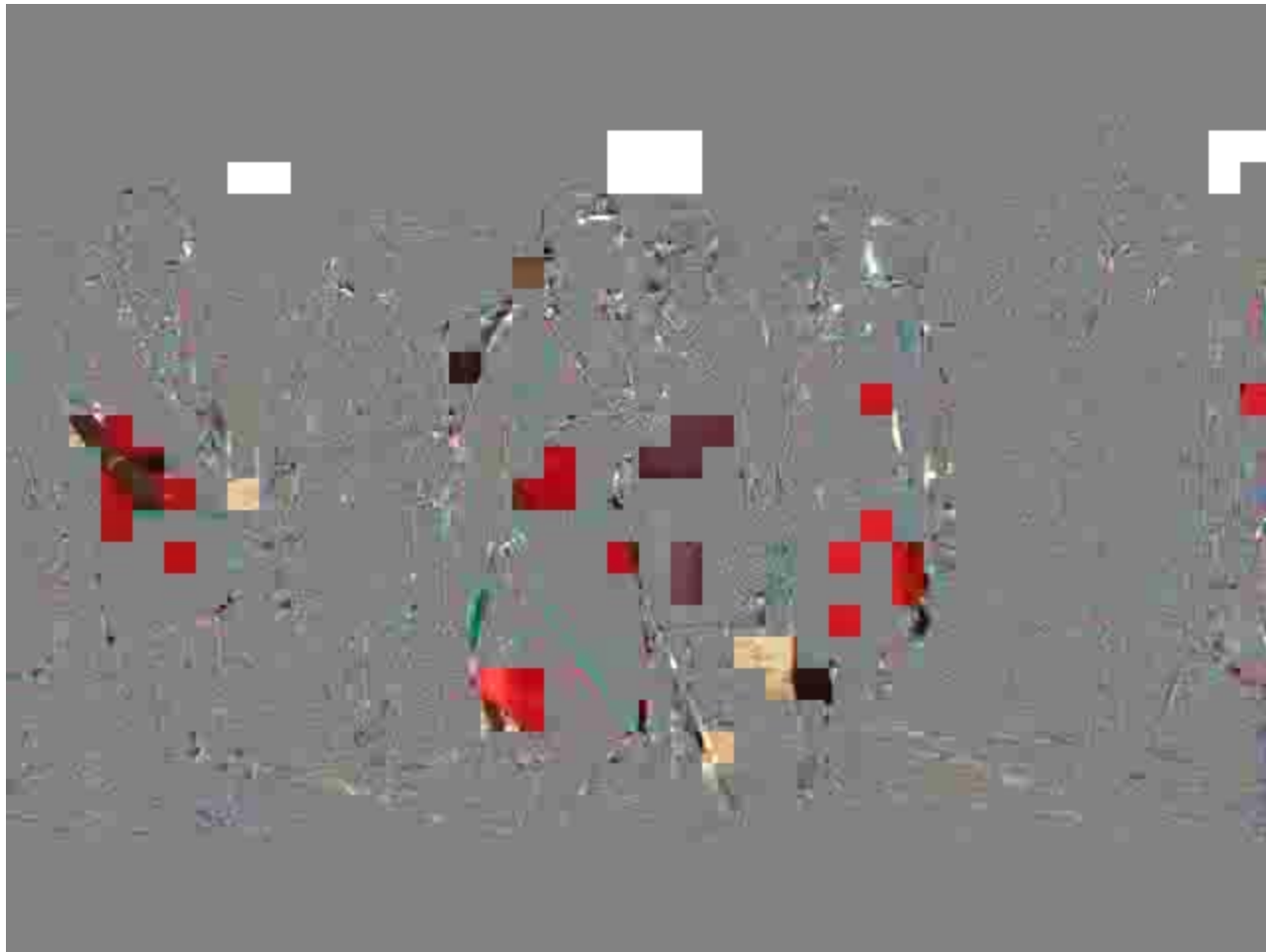
SOLO EDUCATIVE DANCE



ORGAISATION OF MUSIC AND DANCE.



Maasai traditional dance.



The chivoti and nzumari of the Mijikenda community.





The emou, a horn of the Maasai community.



The adongo, a plucked idiophone of the Iteso community.



The Obokano. This is an eight-stringed Gusii lyre.



The litungu, a Luhya lyre. It is smaller than the Obokano of the Gusii.



A raft zither, makhana of the Marachi community.



The orutu, a fiddle of the Luo community.



The Ajawa. This is a Luo hand-held rattle.



The Adeudeu, an Iteso harp.



The mabubumbu, Mijikenda drums.



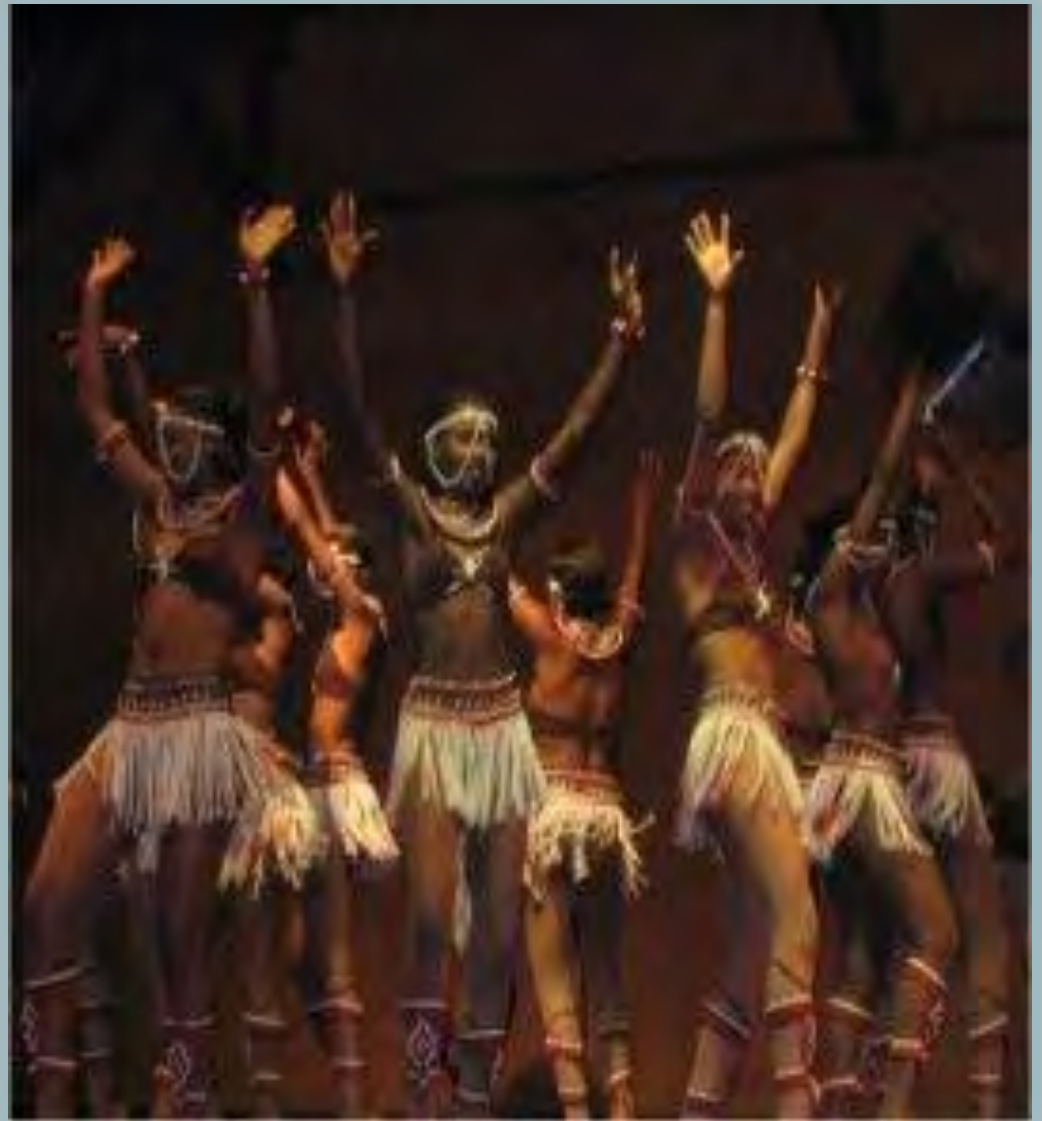
Peke, Luo rattle.

CONT.

- A certain criteria is used in the classification of Kenyan instruments. The main factors are:
 1. The external and internal basic shape of the instruments.
 2. The mode of sound production.
 3. The material used.
 4. The mode of tuning the instrument.
 5. The mode of holding the instrument.
 6. The role of the instrument in the community.

Kenyan traditional dance

- Different communities have different dances for different occasions.
- Dance is a series of body movements in response to musical stimuli.



Kikuyu female dance.



- Some characteristics of Kenyan traditional music are the music was gender specific, there was no definite pitching pattern and the most common style of singing was the call and response style.

- Traditional dances in Kenya vary in:
- style
- Formation
- Instrumentation
- Costume and relevance to the community.

Cont.

- Traditional dances are named based on:
 - 1) The way the movements are executed.
 - 2) The musical instruments used.
 - 3) The costumes used.
 - 4) The occasions when the dance is performed.
- The organizational structure of dance includes the presence of a leader, a singing/ dancing group, appropriate instrumental accompaniment and suitable costume and décor.



Traditional attire.

The Owalo, a Luo female sisal skirt.

Cont.

- Apart from the singing and dancing, visual aids are also a part of music and dance in Kenya.
- Body painting and application of red ochre on the hair enhances the physical appearance of the performers.
- Colorful beads were used to make necklaces, bangles and bracelets that were worn during performance.
- Head gear for male performers could be made from feathers or animals skins.
- Sisal skirts were also made for women to wear on the waist. This enhanced the waist movement during dance.

Female dance of the Akamba.



Instrumental ensemble.



ISURURU DANCE
Ntimaru Traditional Dancers

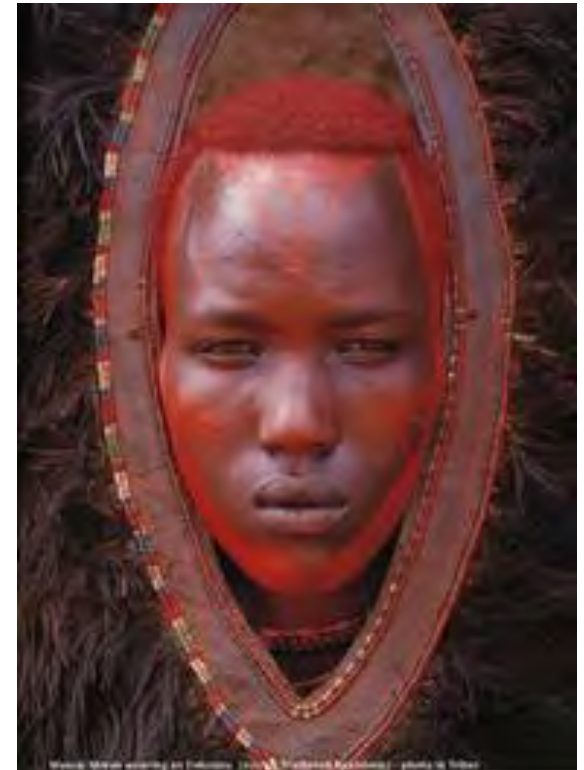
Traditional drummers' dance.



VISUAL AIDS.

Red ochre used to beautify hair.

Red ochre could also be used to beautify the face.



Beaded headgear for Maasai women.



Beaded necklace for a Borana woman.



Cont.

Headgear worn by Luo dancers. The headgear is made of feathers.



Body painting was essential in traditional dance performances.



Roles of dances in the society.

1. To bring people together to share in the social occasion.
2. For entertainment.
3. For ritualistic purposes like exorcism.
4. To provide avenues for enhancement of good relations in the community.
5. For commercial purposes.
6. To keep fit and healthy.

Sports in Kenya.

ATHLETICS.

- ❖ From the most basic level of primary school to the university, sports play a prime role in the lives of Kenyans.
- ❖ It is used to instill discipline in students, improve social interaction and gives an opportunity to earn a living from sports.
- ❖ Kenya is highly acclaimed for its athletes as seen in past competitions like the World Athletics Championships.

Cont.

- ❖ Some of our athletes like David Rudisha, who is the current Olympic and world record holder in the 800 meters, as well as the current World and Olympic Champion at the distance, hold world records that indicate that Kenya's athletes are amongst the best in the world
- ❖ In the 2012 Olympic games Kenya emerged with two gold medals, four silvers and five bronze medals. .

Cont.

- ❖ Kenya's first Olympic appearance was in 1956.
- ❖ Other accomplished athletes include Ezekiel Kemboi, Vivian Cheruiyot, Pamela Jelimo and Wilson Kipsang Kiprotich.



Cont.

- ❖ Athletics Kenya (AK) is the governing body for the sport of athletics (track and field) in Kenya.
- ❖ AK organizes athletics competitions held in Kenya. It also sends Kenyan teams to international championships.

RUGBY.

- ❖ Rugby is another sport that is embraced by Kenyans.
- ❖ The most famous tournament is The Safaricom Sevens. The tournament brings together teams from different countries thereby improving international relations.
- ❖ Most players are inducted into this game in high school with some of the best players coming from the likes of Kakamega High school and Saint Mary's high school.
- ❖ Some of the Kenyan players are Humphrey Kayange and Biko Adema.

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Cont.



FOOTBALL.

❖ Kenya has also had its achievements in football. The Kenya Premier League is a local league that gives Kenya's young football players a forum to exploit their talents.



Cont.

- ❖ Though the game is faced with various challenges, Kenya has produced highly talented footballers like Dennis Oliech, Donald Mariga and the latest sensation Victor Wanyama.
- ❖ Other minor competitions include The Kenya Girls Schools Football National Championship and Kenya Boys Schools Football National Championship.

Swimming.

❖ Kenya also saw the rise in interest in swimming with an increased number of people participating in this category in the All African Games.

❖ One of the upcoming stars is Jason Dunford.



Cont.

- Other sports that Kenyans participate in internationally include volleyball, boxing basketball, javelin, tennis and cricket.

Cont.

- ❖ Other sports like chess, rallying, polo and table tennis are played on a relatively smaller scale in Kenya.
- ❖ Rallying is coming up but with very few tournaments like the KCB Rally for people to participate in.
- ❖ Also its slow development could be attributed to the high cost of participating in the sport
- ❖ All in all, Kenya's participation in sports is highly commendable.

CONCLUSION.

❖ All in all, music dance and sports:

1. Acts as a unifying factor to Kenya as a nation.
2. Improves national unity and peace.
3. Gives a sense of pride to the people of Kenya.
4. Cultivates loyalty in the people.