



DINNER SHOW

P R O G R A M



THANK YOU FOR CHOOSING KANELL RESTAURANT.
WE ARE TRULY DELIGHTED TO INTRODUCE YOU TO

TRADITIONAL KHMER APSARA DANCE

Gain insight into this ancient Cambodian art form and be amazed by the beauty of Khmer dance in its many forms. This is a rare opportunity to learn more about the Cambodian people and their ancestral traditions as Apsara dance traces its roots back to the ancient temple carvings at Angkor Wat.

What you will see during Kanell dinner show



Khmer Traditional Music

1 - Mani Mekhala Dance

The Mekhala dance is a myth about the origin of thunderstorms and lightning. 2 students, The giant and Mekhala studied with the same master. When they completed the training the teacher gave 1 magic object each: The giant received an ax and Mekhala received a bright crystal ball very powerful and brilliant. The giant was very jealous and wanted the crystal ball, so to take it he threw an ax to kill the Mekhala, while Mekhala threw back glass to resist and the two objects were colliding and become thunderstorms and lightning flashing up on the sky. Finally, the giant lost give up and accept his defeat.



1

2 - Bokator interlude

Long stick fighting martial arts style for protecting the village.



2

3 - Kondob Boksrov (grasshopper dance)

Kandob dance take its roots in the rice field and the Cambodian country side. It represents the beauty of nature that amazed every day the farmers while working in the rice field and observing the beautiful landscape. Dancers are wearing costumes, made partially with coconut that represents the Grasshopper that you can find often in the fields. This dance pays its tribute to the beautiful nature.



3



4 - Bokator demonstration

Experimental martial arts trails that have been learnt from the past.



5 - Sovann Machhar Dance and Hanuman (the monkey)

During a war between Rama and Krong Reap, Hanuman had the mission to build a bridge to Langka. But when he arrived there, the stones to build the bridge disappeared.

Hanuman later found that Sovann Machhar had hidden the stones and they start a war. Later on, Hanuman and Sovann Machhar fell in love and peace was back.



6 - Fishing Dance

“Wherever there is water, there are fish” we use to say in Cambodia, and it appears to be true. During the rainy season it is common to see fishes on the road, literally crossing the road with their fin when it’s really wet. The fishing dance shows an extract of what Cambodian are using to fish in lakes and water holes like the Angrot, the basket fish trap or the Chheang, the bamboo basket.

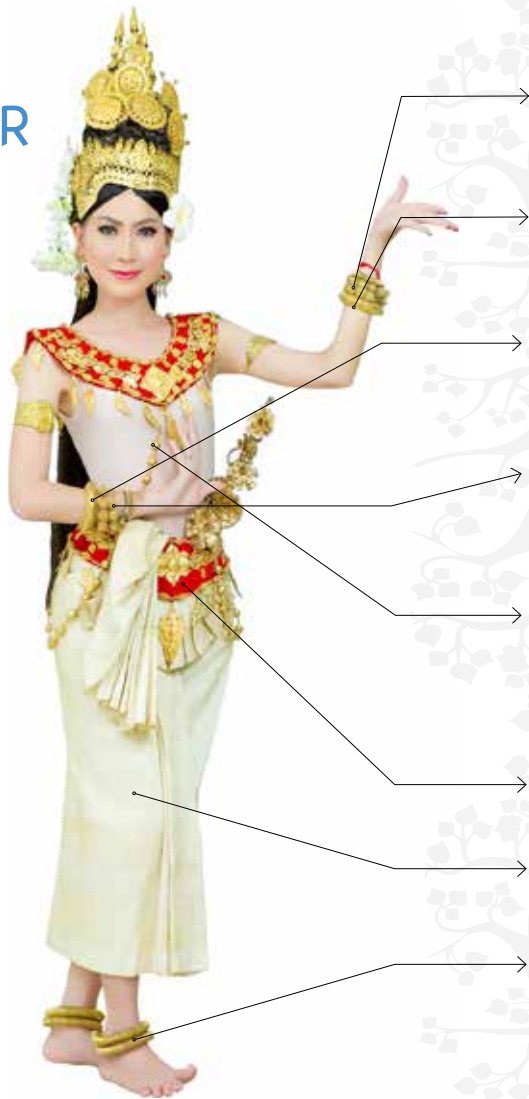


7 - The Final Apsara Dance, the Blessing dance

Khmer people, Kingdom and values are defined by Pleasant, Politeness and Honesty. The dancers wearing Classical Khmer Royal Ballet costumes represent angels (Devata).

The blessing dance has been created by Her Majesty the Queen Sisowath Kosamak Nearyrath to illustrate what define Khmer values by blessing the audience in a beautiful dance.

LEADER



Korng Rak

Bangles on the left wrist

Kantrom

Bangles on the left wrist

Korng Gnor

Bangles on the right wrist

Sanlek

Bangles on the right wrist

Sangva

loosely decorated band of beads worn crosswise

Skirt (Sbai)

Gold ankle jewelry on the Shap

Charabob

Skirt

Korng Toing Chhuk

Gold ankle jewelry on the right

SUBORDINATE



Mekot

Crown

Lbak Pka Somyong

Decorative Flower

Sarong Kor

Collar

Bagn Pat

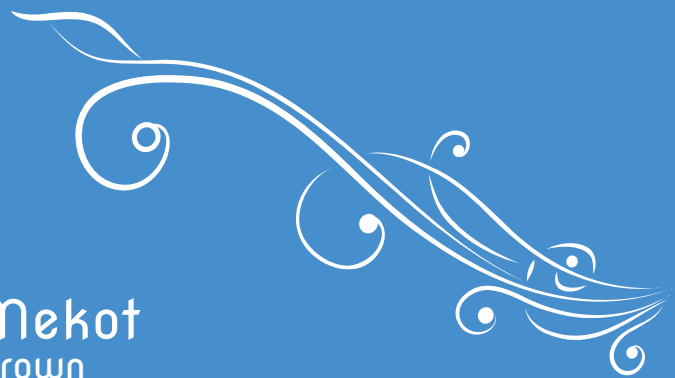
Armlet Jewelry

Charabob

Skirt

Kong Gnor / Kirvel

Gold ankle jewelry on the right



WE ARE TRULY DELIGHTED TO PRESENT YOU
THE FAMOUS KHMER CLASSICAL DANCE THAT FORMS
AN INTEGRAL PART OF CAMBODIAN CULTURE:

“APSARA DANCE”

The APSARA, a nature spirit, is played by a women sewn into tight fitting traditinal dress, whose graceful sinuos gestures are codified to relate classical myths or religious stories. In 2003 UNESCO declared the dance a “Masterpiece of Oral and intangible culture”, and laid plans for a regeneration of the art form. The performance was first introduced to foreign countries during the 1960’s, where it became known in the English Language as the Khmer or (Cambodian) Royal Ballet. Actually, the first Royal Ballerina was Norodom Bopha Devi, the daughter of King Norodom Sihanouk. . Lkhaon Kbach Boran is the main genre of classical dance drama performed by women and Lkhaon Khao is the genre of dance performed by women.

TRADITIONAL APSARA DANCE COSTUMES

For traditional Apsara dance (Robam Apsara) the costumes of the leader and subordinate roles are quite similar in style but differ in some details. The leading dancer will be in white, a sign of heavenliness/purity, and have slightly more elaborate jewelry, such as the heightened headpiece. The points on the headpiece are said to represent the period of Angkor Wat. Indeed, throughout the temple, you will find similar images of Apsaras carved into the stone. As an additional note, when performed for Royalty costumes substly differ from those worn at regular public performances, following a strict color code and decoration.



KHMER BOKATOR

Bokator, formally called Labokkatao, is a Cambodian martial art that includes close hand-to-hand combat, ground techniques and weapons. It is the oldest existing fighting system in Cambodia, this tradition sport indicates that bokator is an early form of what was the close quarter combat system used by the armies of Angkor 1000 years ago. The term bokator translates as “fighting like a lion” from the words ‘Bok’ that means fight and ‘Tor’ meaning lion.

Bokator was designed to be used on the battlefield, and uses a diverse array of elbow and knee strikes, kicks, submissions and ground fighting. Practitioners are trained to strike with knees, hands, elbows, feet, and head. Even the shoulders, hip, jaw, and fingers can be used to fight an opponent to submission or death. Bokator contains hundreds of set. Like many other Asian martial arts, sets are based on the study of life and nature, such as the horses, birds, eagles, and crane style. Each style is containing several techniques. Weapons such as long bamboo sticks and short sticks are also formally used in Bokator.

Fighters wear the uniforms of ancient Khmer armies. A krama (scarf) is folded around their waist and blue and red silk cords called Sangvar are tied around the combatant's head.

PINPEAT ORCHESTRA

A traditional orchestra is composed of xylophones, drums, oboes, gongs and other musical instruments.

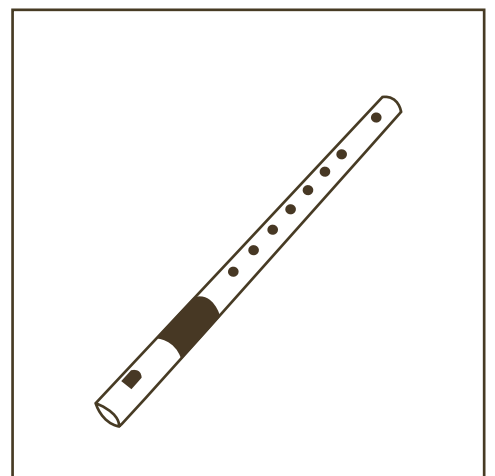
“SAMPHOR & SKOR” DRUMS

Two large bass with buffalo skin heads are that are struck with wooden beaters. The drums give two distinct pitches, one sounds tighter and louder, while the other one is more loose and flat.

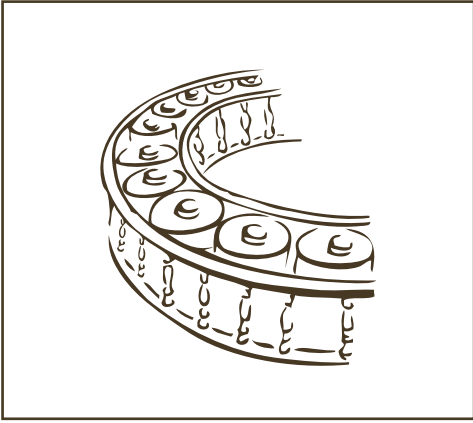


“KHLOY” FLUTE

The Khloy is an end-blown flute that can be crafted from bamboo, plastic or metal. It is widely used to accompany the Pin Peat Orchestra, the Mahori Orchestra, Pleng Khar (Wedding Orchestra) or as a solo instrument. The Khloy is one of Cambodia’s oldest instruments and has been found in stone inscriptions from the early 7th century.

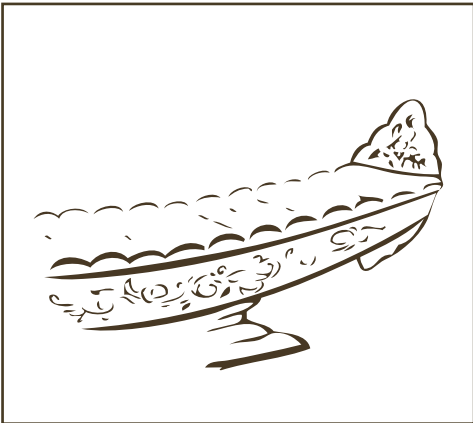


“KONG VONG” THE CIRCLE OF GONGS



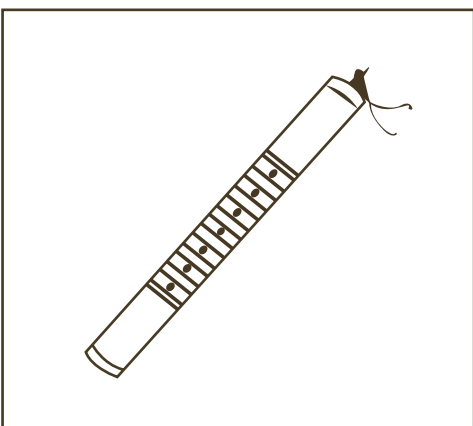
Khong Vong are bossed gong chimes placed on circular rattan frames. Each gong is made of bronze and varies in size. The player sits in the middle of the frame with the gongs arranged from lowest to highest pitch (left to right).

“RONEAT EK” XYLOPHONE



A combination of two Khmer words, “RONEAT” meaning xylophone and “EK”, leader or first one. It combines to mean “leading xylophone” and the instrument is sometimes referred to as the “running xylophone.” The RONEAT EK has 21 bars made of hard wood or bamboo that are approximately 29–39cm long, 7cm wide and range from 1–1.5cm thick. Higher and lower pitches come from the thickness of the bars (thinner to thicker respectively)

“SRALAI” OBOE



The SRALAI formally called pi-shannai is a traditional Cambodia oboe with a quadruple reed and a slightly bulging body. the body the SRALAI can be crafted from a variety of different materials ranging from hardwood to ivory. It is one of the most complicated instruments to play because the breathing determines the tone, and the fingering techniques can be tricky to master.

