The epic tells about the bravery of Lam-ang, who was precocious from birth. The adventures begin with his search for his father who was killed by the Igorot (upland people) of the Cordillera Mountains. He meets Sumarang who tries to stop him and challenges him to a fight. He spears Sumarang through his stomach. He then meets a serpent with nine heads, all of which the serpent loses in the ensuing fight. He naps and dreams of his father's head being feasted upon by the Igorot. He continues his journey to find that the Igorot are indeed feasting on his father's head. He fights the Igorot and defeats all of them, torturing the last one to death.

He goes home and swims in the Kordan River. On the way to Kannoyan’s (his beloved) place in Kalanutian, he meets Saridandan, a woman of ill repute. He resists her temptation. He then reaches Kannoyan's house where he finds many suitors there for her. She accepts his invitation to swim in the Kordan River. While in the river, the water swells. Before he leaves, he kills a giant crocodile then gives the teeth to the ladies as amulets. Back at Kannoyan’s house, his parents ask him of his intentions. He was asked to match their wealth, which he did. He goes home to invite his mother and village mates to come to his wedding.

After the elaborate wedding, he goes home to Nalbuan where the feasting continued. The guests ask for a dish made from the fish, rarang. He is warned by his pet rooster that something bad will happen to him should he go out and fish, which he ignores. Lam-ang is swallowed by the berkakan, a big shark-like fish. Kannoyan mourns his death but Lam-ang’s rooster tells her that if Lam-ang’s bones are collected, he can be brought back to life. Kannoyan asks a man to do this, after which Lam-ang’s dog barks over the collected bones and Lam-ang rose. He rewards the man, the dog and the rooster. The couple lived happily after this.

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