

SLOKAM...

Hangigam Bhuvanam Yasya
 Vaachikam Sarva Vaanmayam
 Elharyam Chandra Taladi
 Tamvande Satrikam Shivam.

Guru Brahma Guru Vishnu
 Guru Deva Maheswara
 Guru Saaksha Para Brahma
 Tasmai Shree Guruve Namaha.

Important Rule for Dance

Yeluo Hastha Thaluo Drishti
 Yeluo Drishti Thaluo Manah
 Yeluo Manah Thaluo Baavo
 Yeluo Baava Thaluo Rasah.

Saraswathi Namastubhyam
 Varadhe Kaama Roopini
 Vidyaaarambham Karishyami
 Siddhir Bhavathume sadhaa.



Flavus In Bharathanatyam

NAMESOLUKETTU

- Tatta Adaru ~ Thai ya Thai
- Natta Adaru ~ Tai yum Thatta Tai yum
Tha ha
- Mardhiga/vishara Adaru ~ Tha Thoi Thoi Tha Dhit Phai
Phai Pha
- Panchajati/Tatti Metti Adaru

- a) Tisra Jati (3 beats) ~ Tha Ki Ta
- b) Chatuna Jati (4 beats) ~ Thaka Dhi Mi
- c) Khandha Jati (5 beats) ~ Thaka Tha Ki Tha
- d) Misra Jati (7 beats) ~ Tha Ki Fa Thaka Dhi Mi
- e) Sankerma Jati (9 beats) ~ Thaka Dhi Mi Thaka
Tha Ki Tha

► Kovai Adaru ~ Thath Thoi Thaam Dhit Thoi Pho

► Paychal Adaru ~ Thalanguthaam

► Mandi Adaru ~ Than gidi Tha Tha trinna

► Karthari Adaru ~ Thath thai Tha Thaam Thoi Dhit
Thoi Tha Thaam

► Teemanaan Adaru ~ Dhit Dhit Thoi Thai

Dhit Dhit Thoi Thai Thoi
Dhit Dhit Thoi Thoi Thoi
Dhit Dhit Thoi

► Sarukkal Adaru ~ Thuyya Thuyyi

► Kudithametta Adaru ~ Thaiyath Thaiyi

► Kulha Adaru ~ Thath Thoi Pha ha Dhit
Thoi Pha ha

"TATTA-ADAVU"
SOLLUKETTU: TAI YA THAI

classmate

5 steps

1

2

3

4

5

6

Sollukettu

Tai° Ya
Tai

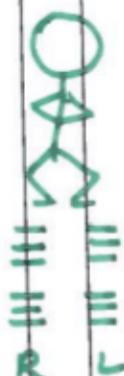
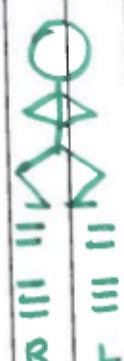
Tai Ya
Tai

Tai° Tai
Taam

Tai° Tai
Taam

Tai° Tai Taam
Tai° Tai Taam

Procedure



Hands - Aramandi°

Position

Aramandi°

Hands

Patakam [kept-on-hip]

Mudras

Patakam, Tri-patakam.

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classmate

5 steps

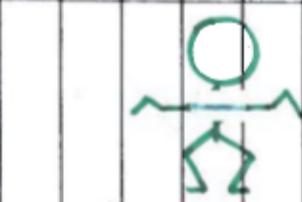
1

2

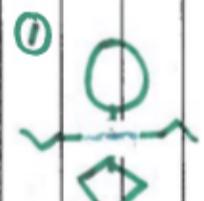
Sollukettu

Tai° Yum Thatta
Tai° Yum Ra ha

Tai° Yum Thatta
Tai° Yum Ra ha



▼ → Open hand.
^ → Close hand.



Repeat
R 1 and R 2
time



Repeat
L 1 and L 2
time

L 1 and L 2
time

Procedure

PAGE

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Mudras: Patakam, Tri-patakam

✓

MARTHika / VIRHARA ADAVU

Sollukettu: Tha Tha^o Tha^o Tha^o Dhit Tha^o Tha^o Tha

classmate

5 Slip

1

2

3

4

5

Sollukettu

Tha Tha^o Tha^o Tha^o Dhit Tha^o Tha^o Tha

LEG MOVEMENTS

Positions

Right position

left position

Procedure



Tap the right leg
(Tha)



Tap the left leg
(Dh Tha)



Move the right leg and
a little bit towards
right and tap the
right leg
(Tha^o)



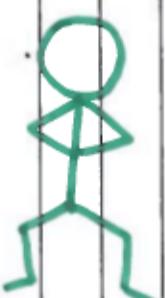
Move the left leg
a little towards left and
tap the left leg
(Tha^o)



Keep the left leg
back to right leg
and strike it
(Tha^o)



Keep the right leg
back to left leg and
strike it
(Tha^o)



Tap the right leg
again and come to
Aramandi position



Tap the left leg again
and come to Aramandi
position.

(Tha)

(Tha)

✓

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classmate

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PANCHAJATHI / TATTI MITTI ADAVU

classmate

5 steps

Solkukettu

PROCEDURE

PAGE

classmate

Position:

LEFT SIDE

1.  (Tha)
(Tap the left leg)
2.  (Ki)
(Raise the right leg)
3.  (Ta)
(Tap the right leg using heel)

1.  (Tha)
(Tap the left leg)
2.  (Ka)
(Raise the left leg)
3.  (Ki)
(Raise the right leg)
4.  (Mi)
Tap the right leg using heel

1.  (Thaka)
(Tap the left leg)
2.  (Tha)
(Tap the left leg)
3.  (Ki)
(Raise the right leg)
4.  (Ta)
(Tap the right leg with heel)

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SARUKKAL ADAU

Sollukettu: Theyya Theyya

5 steps

Sollukettu Position

Leg Movements

Leg Position:
Samapadham.

1

2

3

4

RIGHT SIDE

LEFT SIDE

Be in samapadham

Be in samapadham



Theyya
Slide towards right side using right leg

ya
Come to samapadham again

Theyyi
Rise the right leg and jump on the two legs.



Theyya
Slide towards left side using left leg

ya
Come to samapadham again

Theyyi
Rise the left leg and jump on the two legs.

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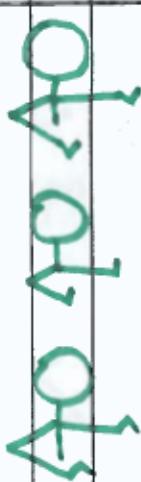
Hand Movements

Slide towards right side

Patakam

Slide towards left side

Patakam



1

2

3

4

Repeating step ① on right side twice

Patakam

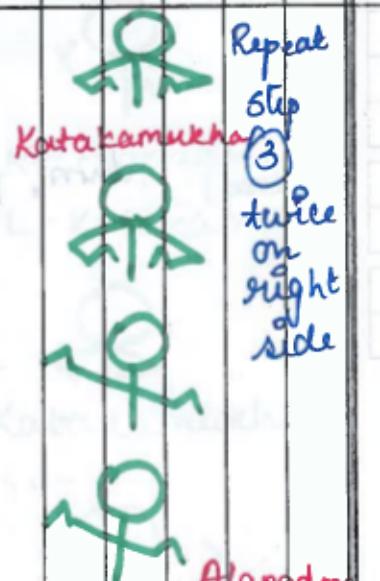
Repeating step ① on left side twice

Patakam



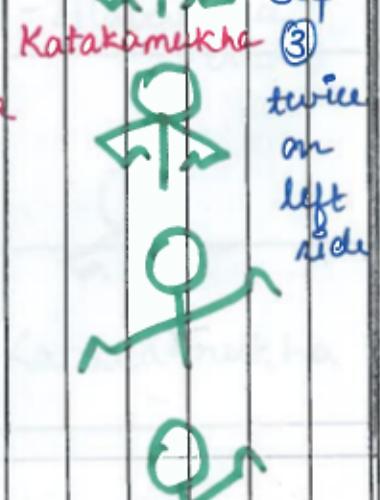
Flapadma

Repeat step ③ twice on right side



Alapadma

Repeat step ③ twice on left side



Katakamukha



Flapadma

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