



natanam foundation

Nrithyabhyas

Part - 1



This Book Belongs to:

Name :

Dance School :

Teachers Name :

Year of Exam :

Prayer on Ganesha

Vakrathunda Mahakaya,
Koti Soorya Samaprabha
Nirvighnam Kurume Deva
Sarva Karyeshu Sarvada



Meaning:

I meditate Upon Lord Ganesha, who has a curved Trunk, Large Body, and who has the Brilliance of a Million Suns. O Lord please make all my work free of obstacles always.

Dhyana Shloka

Aangikam Bhuvanam Yasya
Vaachikam Sarva Vaangmayam
Aahaaryam Chandra Taaraadi
Tam Numaha Saatvikam Shivam



Meaning:

We bow to the pure Shiva whose body is the universe, whose speech is the universal language and whose ornaments are the moon and sun.

BHARATANATYAM PRIMARY COURSE

Part - 1 ADYA SYLLABUS

Full marks in Practical and Oral Theory - 100

Practical

1. Knowledge of Primary steps (14 to 20 steps)
 - Thattu Adavu- 8 or more steps
 - Natu Adavu - 8 or more steps
- Optional Adavus which could be incorporated
 - Kattu Adavu(crossing and stamping)
 - Mettu Adavu(stamping on the ball of the foot)
 - Dhit Dhit Thai (crossing to the back, stretching to the side and front)
2. Knowledge of single hand mudras
(Asamyutha Mudras according to Abhinaya Darpana)
3. Knowledge of chatusra jathi eka thala.
4. One or more shlokas with gestures and feetpositions.
eg. Angikam, gurubrahma, Samudravasane Devi or any dance of your choice.
5. Oral Questions :-
 - a.Origin of Bharatanatyam and its main features.
 - b.Basic feet positions.
 - c.Information on the presiding deity of Dance.
 - d.Significance of Namaskaram.
 - e.Names of Adavus and Mudras.

Hasta Mudras

One of the most striking features of Indian classical dance is the use of hand gestures. Speaking in dance via gestures, rather than orally, in order to visually convey outer events or things, as well as inner feelings. Two classifications of specific traditional 'MUDRA' (hand/finger gesture) are used in Indian Classical Dance, and indeed are a prominent part of the dancer's vocabulary.

ORAL QUESTIONS

a. How Many Kinds of Mudras are there?

The hand gestures are of two kinds asamyutha' (single hand) and 'samyutha (double hand).

b. How many single hand gestures are there?

There are 28 single hand gestures called as Asamyuta Mudras.

c. From which book is it taken and who is its author?

Mudras are taken from the book Abhinaya Darpana written by Sage Nandikeshwara.

d. Mudras used in Namaskaram?

Mudras generally used in a Namaskaram are Katakamukha, Shikhara, Pataka, Anjali. It may vary according to the different style of school of dance.

e. Mudras used in Thattu and Natu Adavu?

Thattu Adavu- Pataka else Hands are held on the waist. Natu Adavu- Tripataka, Alapadma, Katakamukha, Avahitha, Pasha, Pathaka

Sloka of Asamyuta Mudras

असंयुतहस्ताः

पताकस्त्रिपताकोर्धपताकः कर्तरीमुखः ।
 मयूराख्योर्धचन्द्रश्च अरालः शुकतुण्डकः ।
 मुष्टिश्च शिखाराख्यश्च कपित्थः कटकामुखः ।
 सूची चन्द्रकला पद्मकोशः सर्पशिरस्तथा ।
 मृगशीर्षः सिंहमुखः कांगूलश्चालपद्मकः ।
 चतुरो भ्रमरश्वैव च हंसास्यो हंसपक्षकः ।
 सन्दंशो मुकुलश्वैव ताम्रचूडस्त्रिशूलकः ।
 इत्यसंयुतहस्तानामष्टाविंशतिरिरिता ।

Recite and Demonstrate the Single Hand Mudras

Pathaakas Thripathaako Ardhapathaakas Kartharimukhaha
 Mayuraakhya Ardhachand rashcha Araala Shukathundakaha
 Mushtishcha Shikarakhyashcha Kapitha Katakamukhaha
 Suchi Chandrakala Padmakosha Sarpashirasthatha
 Mrigashheersha Simhamukhaha Kangulashcha Alapadmakaha
 Chaturo Bhramarashchaiva Hamsaasyo Hamsapakshakaha
 Sandhamsho Mukulashchaiva Thaamrachoodas Trishoolakaha
 Ithya Asamyuta Hasthaanam Ashtavimshati Reeritaa.

Asamyuta / Single Hand Mudras

1



Pataka - Flag

2



Tripataka - Three Parts of Flag

3



Ardhapataka - Half - Flag

4



Kartarimukha - Scissors

5



Mayura - Peacock

6



Ardhachandra - Half Moon

Asamyuta / Single Hand Mudras

7



Arala - Bent

8



Shukatunda - Parrot's Head

9



Mushti - Fist

10



Shikara - Peak

11



Kapita - Wood Apple

12



Katakamukha - half closed fist

Asamyuta / Single Hand Mudras

13



Suchi - Needle

14



Chandrakala - Cresent Moon

15



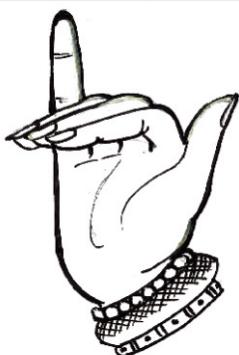
Padmakosa - Lotus Bud

16



Sarpashirasa - Snake Head

17



Mrigashirasa - Dear Head

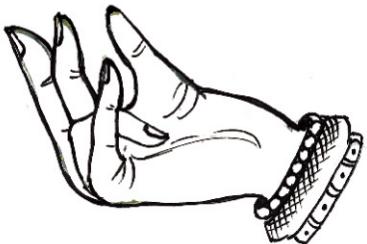
18



Simhamukha - Lion Face

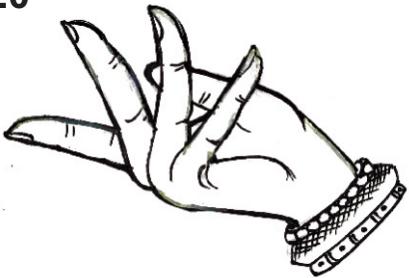
Asamyuta / Single Hand Mudras

19



Klangula - Bud

20



Alapadma - Bloomed Lotus

21



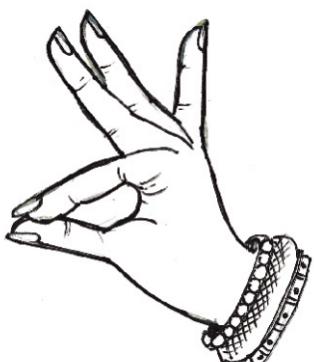
Chatura - Square

22



Bramara - Bee

23



Hamsasya - Swan Face

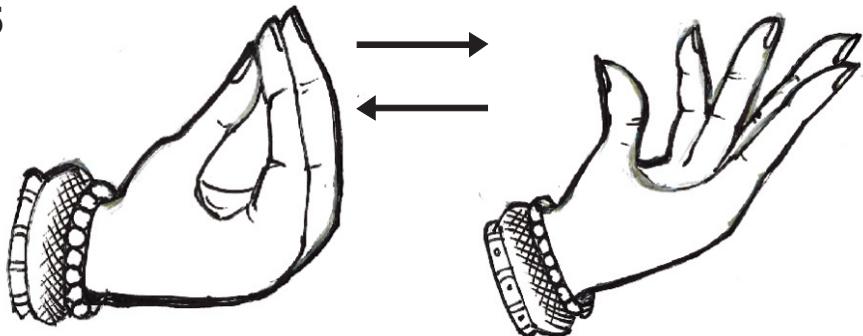
24



Hamsapaksha - Swan Wing

Asamyuta / Single Hand Mudras

25



Samdamsha - Pincers

26



Mukula - Bud

27



Tamrachuda - Cock

28



Trishla - Trident

Thala

Thala is a measurement of time to sing a song correctly. It is done by beating the palm, counting the fingers and waving the hand according to the respective rhythm. There are five fundamental rhythms which are in the count of 3,4,5,7 & 9. Similarly there are seven fundamental thalas. Eka thala is the shortest taala have a single part. Eka means one. Eka taala has only one part .It is done with one beat of the palm and counting three beats starting from the little finger, the ring finger and ending with the middle finger. Let us see the four count rhythm which is called Chaturashram. We can recite them by telling the drum syllables. It is called chol - kattu or sol - kattu in carnatic music and Bhol in Hindustani music.

3. Knowledge of Churasra Jaati Eka Thala and its steppings
Recite and Demonstrate Churasra Jaathi Eka Thala- 1 Laghu

(1 Beat)



Tha

(2



ka

3



Dhi

4 Count of fingers)



Mi

Recite and Demonstrate

Steppings of Thattu Adavu in Eka Thalam

	x	1	2	3
Speed				
1 st	(Thyya)	(Thyya)	(Thyya)	(Thyya)
2 nd	(Thy Thy)	(Thy Thy)	(Thy Thy)	(Thy Thy)
3 rd	(thythythythy)	(thythythythy)	(thythythythy)	(thythythythy)

Steppings of Natu Adavu in Eka Thalam

	x	1	2	3
Speed				
1st	Thy Thy	yum yum	Tat Tha	Tat Ha
2nd	(thy yum)	(tat tat)	(thy yum)	(tha ha)
3rd	(thy yumtatttt)	(thyyumthaha)	(thyyumtat tat)	(thy yum tha ha)

ORAL QUESTIONS ON BHARA TANATYAM

- a. What is the dance form you are performing called?
The dance form we are learning and performing is Bharatanatyam. It is a Indian classical dance.
- b. From which State did it originate?
Bharatanatyam originated in South India from the State called Tamilnadu.
- c. What are its Features?
BHA - Bhava - Facial Expressions
RA - Raga - Music and Melody
TA - Tala - Rhythm, footwork
- d. What are Basic feet positions

Sthanakam - This is a standing position. Here the body and spine is kept erect, both feet till the thigh touching each other with toes facing front. Weight is distributed evenly on both feet.

Aramandi - This is a half seated position. Here the feet, knees and the thighs will be turned outward and bent. Weight should be balanced on both feet evenly.

Muzhumandi - This is a full seated position. He thighs as well as the shanks will be in contact. Knees will be turned out. Body will be resting on the toes. Weight will be on the feet and toes. It requires perfect balance to sit in this posture.

Swasthikam - When the leg is crossed either in the front or in the back and either in standing or in half sitting position it is called swasthikam.

There are five types of swasthikam they are :-

1. Aramandi Front swasthikam
2. Aramandi back swasthikam
3. Stanakam front swasthikam
4. Sthanakam back swasthikam
5. Samanya Swasthikam

e. Who is the lord of dance?

Nataraja (Lord Shiva) in the dancing form is the lord of dance.

f. How do you begin your dance?

We begin our dance with Prayer and Namaskaram.

g. To whom is the Namaskaram done?

Namaskaram is done to Mother earth or Bhoomi Devi. Who is also goddess Lakshmi.

h. Which is the first Adavu and what does it mean?

Thattu Adavu- Thattu means to strike or beat. The dancer has to sit in the half seated position i.e. Aramandi and strike the feet alternatively by lifting it . There are eight different variations. Traditionally it is learnt by keeping the hands on the hip or in Natyarambha position.

Natta Adavu-Nattu means to stretch . From the aramandi position the leg is stretched either to the side or to front and is brought back with a strike to the same position. There are eight variations with three sub-variations in this Adavu.

Prayer on Guru

Guru Brahma Guru Vishnu
Gururdevo Maheshwaraha
Guru saakshaat Param Brahma
Tasmai Shree Gurve Namaha



Meaning:

Tradition has given a great place for Guru (Preceptor) in human life. The Guru is Brahma in creating Knowledge, he is Vishnu the protector of our Intellectual faculty and he is Maheshwara the destroyer or the despeller of our Ignorance. He is Para Brahma (The Supreme Being) in binding us all with the feeling of universal oneness hence I offer my salutation to him.

Prayer on Bhoomi Devi (Lakshmi)

Samudra Vasane Devi
Parvata Sthana-Mandale
Vishnupatni Namastubhyam
Paada Sparsha Kshamasva May



Meaning:

Oh Mother earth (goddess Lakshmi/Bhoomi Devi) who is having the ocean as her garments and the Mountains as her Bosom, who is the consort of Lord Vishnu,I bow to you, please forgive me for stamping you with my feet.

Prayer on Saraswathi

Saraswathi Namastubhyam,
Varade Kaama - Roopini
Vidhya Rambham Karishyami
Siddhir Bhavatu May Sadaa



Meaning

We bow to goddeess saraswathi, who is the giver of boons and fullfiller of wishes. O goddeess when we begin our studeis, please bestow on us the capacity of right understanding always.



natanams foundation

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