

BHARATNATYAM

LEVEL 3 SYLLABUS

- Warm-up exercises
 - Speeding of the feet movements
 - Complex warm-up exercises to boost the stamina
- Adavus
 - Tattimetti Adavu (Heel contact with the floor)
 - Paichaladavu (involves slide movements of the feet)
 - Theermanadavu (involves ending of the dance sequence or Jathis)
- Item
 - Shlokanjali or other items
- Revision of the previous level
- Theory
 - Dikpala Hastas (9 planets)
 - Knowing about other Indian classical dance forms (total 8)
 - Pada Bhedas
 - Two usages of Asamyukta Hasta and Samyukta Hasta
 - Natya Utpatti (origin of dance)

LEARNING OUTCOME

- Good control over the body
- Significant improvement in stamina, flexibility, and concentration
- Superior sense of balance
- A foundational understanding of other Indian classical dance forms
- Short performance readiness
- Understanding of the item's raga and tala

NOTE

- This syllabus is an outline; less or more content may be covered depending on an individual student's ability