

BHARATNATYAM

LEVEL 1 SYLLABUS

- Warm-up exercises
 - Jumping, Heel raises, Hands and legs stretches, Neck turns, Shoulder rolls, Circle around the ankles
 - Learning Bharatanatyam postures: Sama pada, Araimandi, Muzhumadi
- Learn how to do Namashkar
- Adavus: Basic dance steps (practiced in 3 kalas ie speeds)
 - Tattadavu (tapping the leg)
 - Nattadavu (stretching of the legs)
 - Pakkadavu (side movements)
- Item
 - Mushika Vahana Shlokamala (for the purpose of performance)
- Theory
 - Dhyana Shloka (on Nataraja - Angikam, Bhuvanam ...)
 - Guru Mantra (Guru Brahma ...)
 - Asamyukta Hastas (single hand movements - total 28)
 - Samyukta Hastas (combined hand movements - total 24)
 - Learning the meaning of the term Bharatanatyam

LEARNING OUTCOME

- Enhanced sense of balance
- Connection to and understanding of Indian culture
- Improvement in concentration
- Physical fitness and sense of (mental) well-being
- A foundational understanding of Laya (rhythm)
- Improvement in pronunciation by means of Sanskrit Shlokas
- 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