

Antara Nritya Niketan Curriculum – 2016 – 2017

Curriculum :-

Beyond the key benefits of dance such as cultural education and bringing people together for a common cause, Dance is also demanding. It takes years of training to become a Bharatanatyam dancer. The work is demanding because the performers must train every muscle in their bodies and faces in precise movements.

FIRST YEAR

Beginners: LEVEL 1

This course gives the introduction to the classical dances. During this period one can learn:
Basic Foot Steps

1. **Tat Adavu** (8) in all 3 speeds>>The first adavu is called **Tattadavu** where the dancer in the arai-mandi position stamps the floor with both feet, the right foot alternating with the left foot. These movements are done to various beats and tempi or speeds. They rhythmic syllables for this adavu are **Tei ya tei ye**.
2. **Naat Adavus** (8) in all 3 speeds>>The next group of adavus called **Nattadavu** have the rhythmic syllables **Tei yum tat tat tei yum ta ha**. This category has several types of movements and is characterized by one leg being extended while the other remains flexed in the arai-mandi position.
3. **Pakkaadavu**>> Pakka means side and the emphasis on the steps of this group is to move sideways. The sollukattu for this group is **Ta tai tai tha dhit tai tai ta**.
4. **Kudhitha mettu adavu**>> Kudhitha mettu means to jump and beat. Both the feet are raised on the toes with a jump and strike the floor together with the heels. There are four in this group. The sollukattu is **Tai hat tai hi**.
5. **Tattu metta adavu**>> Tattu matta means to strike and beat. The foot strikes the floor and is raised on the toes and beats the floor with the heel. The sollukattu is **ta ki ta**.

SECOND YEAR

Beginners: LEVEL 2

1. **Teermana Adavu**>> Teermana means to conclude or finish. These steps are used to end a group of steps and are usually repeated thrice. **Tari kita tom** and **ta dhing ginna tom** are the sollukatta for this group. They will be divided into two groups – variations in the tai taidhit dhit tai are five and the usual ending steps in the three format are two.
2. **Sutru adavu**>> Sutru means to whirl. This group of adavus involves swirling movements. There are four in this group. The sollukattu being **tat tai tam dhit tai tam**.
3. **Sarakkal adavu**>> Sarakkal is to slide. The foot is made to slide without raising it from the floor and join the other foot in the sthanaka (standing) position. One foot is raised on the heel and both beat the floor with a slight jump. There are four variations and the sollukattu is **Tai ya tai hi**.
4. **Mandi adavu**>> Mandi means knee and this group of steps consists of one knee resting on the floor while balancing the body on the toes. This group of steps will be combined with the Katta - Shimir adavu. Katta means enclose and shimir means to open. These steps have expansive hand movements that suggest opening an enclosed movement. Altogether there are eight variations. **Ta ka ta ki ta** is the sollukattu used.
5. **Paicchal Adavu**>> Paidhal or Paichal is a Tamil term that means “to leap”. It differs from the Kudhitametti in the sense, the dancer while doing the Paidhal covers space, whereas in Kudhitametti she/he jumps in the same spot. A very graceful step in itself, paidhal is usually seen at the end of korvai(a string of adavus) as part of ardhis..(The concluding steps)Paidhal itself includes a variety of leaps and may also be coupled with spins (Bramhari). It also includes the famous Kartari(Scissors) Adavu where the movement of the hand and feet trace criss-cross patterns in space.

THIRD YEAR

Junior: LEVEL 1:

1. Pushpanjali
2. Toddy Mangalam
3. Alaripu or Padam

LEVEL 2:

1. Padam or Alaripu Varnam
2. Ashtapadi
3. Javali
4. Padam
5. Thillana
6. Mangalam

THIRD YEAR

Junior: LEVEL 1:

1. Pushpanjali
2. Toddy Mangalam
3. Alaripu or Padam **LEVEL 2:**
4. **Padam or Alaripu**

FOURTH YEAR

Senior: LEVEL 1:

1. **Jathiswaram**
2. **Shabdham**

LEVEL 2:

1. Varnam
2. Ashtapadi
3. Javali
4. Padam
5. Thillana
6. Mangalam

FOURTH YEAR

Senior: LEVEL 1:

1. Jathiswaram
2. Shabdham

FIFTH YEAR

1. **Dance Examination based on the margam learnt Sutral adavu**>> Sutral means to whirl. This group of adavus involves swirling movements. There are four in this group. The sollukattu being **tat tai tam dhit tai tam**.

2. **Sarakkal adavu**>> Sarakkal is to slide. The foot is made to slide without raising it from the floor and join the other foot in the sthanaka (standing) position. One foot is raised on the heel and both beat the floor with a slight jump. There are four variations and the sollukattu is **Tai ya tai hi**.

3. **Mandi adavu**>> Mandi means knee and this group of steps consists of one knee resting on the floor while balancing the body on the toes. This group of steps will be combined with the Katta - Shimir adavu. Katta means enclose and shimir means to open. These steps have expansive hand movements that suggest opening an enclosed movement. Altogether there are eight variations. **Ta ka ta ki ta** is the sollukattu used.

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