



PRACTICAL

- Steps: 1-10 in chouka and tribhanga in 3 speeds
- 3 arasas in Ektali
- Mangalacharan - Pushpanjali Bhumi pranam, ishtadeva vandana , trikhandipranam
- Introduction to any simple Pallavi in Ektali (e.g. Vasant pallavi)
- Recitation of Ukutas (bols) showing the tala with appropriate hand movements of learnt pieces and arasas
- Demonstrate creativity: Ability to combine simple steps learnt till this stage together using at least four Avartans in Ektali (16 beats) in ekgun- in different directions
- Performance of a prepared dance sequence to recorded music of no more than 8' duration (or 2x 4') , demonstrating nritta and abhinaya skills- to include learnt pieces
- Ability to describe the meaning of lyrics learnt in the Abhinaya pieces learnt (sloka in Vasant Pallavi)

THEORY

- Definition of Tala, Matra, Laya, Sama
- Notation of material learned in practical section
- All 9 Sira bhedas (Parabruta, Parivahita, Utkshipta + G3)
- All 8 Drishtibhedas (Pralokita, Alokita, Nimilita +G3)
- All 4 Greeva Bheda (Sundari , tiraschina + G2)
- All 28 Asanyukta Hasta mudras (Ardhpataka, ardhachandra, kapitha, chandrakala, mrugasheersha, simhamukha +G3)
- 17 Padabhedas (lolita uttolita ullolita, anukunchita gharshita aalidha pratyalidha, swastika + G3)
- 2 Utplavanas (Alagotplavana, chauka utplavana)
- Torso movements (uchala, prushdachala, daksha, vama, prachala)
- PowerPoint presentation of course work and any additional research