

rikmaham

Bharatanatyam syllabus

Syllabus for first year

Practical:

- Basic Yoga and stretching's.
- Tattadavus.
- Nattadavus.
- Ta Thai Thai Tat / Paraval Adavus.
- kuditta metta adavus.

Theory:

- Dhyana Sloka.
- Guru Sloka.
- Vidyarambham Sloka.
- Ashamyuta Hastas.
- Samyuta Hastas.
- Greeva bhedas
- Story telling.

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Bharatanatyam syllabus

Syllabus for second year

Practical :

- That Tai tam Adavus.
- Mandi adavus.
- Kitataka tarikita tom adavus.
- Tahata jhum tari ta adavus.
- Utplavana adavus.
- Thaiya teiyi adavus.
- Tadhi gina tom.

Theory :

- Nritta hastas.
- Devata hastas.
- Siro Bhedas.
- Drushti Bhedas.
- Ashtadik Palakas.
- Sapta Talas.
- Jaathi bhedas.

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Bharatanatyam syllabus

Syllabus for Third year

Practical :

- Allaripu
- Jatiswaram.
- Shabdham.

Theory:

- Gati Bhedas.
- Pada Bhedas.
- Utplavana Bhedas.
- Shanaka Bhedas.
- Chari bhedas.
- Bhava and Rasa.
- Abhinaya.

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Bharatanatyam syllabus

Syllabus for fourth year

Practical:

- Varnam.
- Padam.
- Keertanam.
- Javali.
- Tillana.

Theory:

- Natyashastram.
- Origin of Natya.
- Ashta Nayikas.
- Nayakas.
- History of Bharatanatyam and contribution of the legends.