

# GRADE 1

## SIVANARTHANALAYAM



SMT.SIVARAJI SIVAKUMAR

## Dhiyana slogam

Angikam Buvanam Yashya Vachikam

Sarva Vangamayam Akaryam Chanthra Dharathi

Tham Numash Shathvikam Sivam

## Meaning

Whose bodily movements is the entire universe,

Whose speech is the language of the universe,

Whose ornaments are the moon and stars,

Him, we respect the pure lord Siva.

Angikam - Body

Buvanam - World

Yashya - What

Vachikam - Words

Sarva - Everyone

Vangmayam - Language

Akaryam - Dress and jewels

Chandra - Moon

Dharathi - Stars

Tham - You

Numash - Worship

Shathvikam - Pure

Sivam - lord Siva

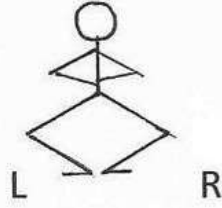
**Sivanarthanalayam**

Bharatha Natya Kalaikoodam

பாரதநாட்டிய கலாக்கூடம்



# Thattadavu



## **Half sitting/ Aramandi**

We stomp (Thatu) our feet in the floor. That's the reason it's called Thattadavu.

There are 8 types of Thattadavus.

The 3<sup>rd</sup> and 8<sup>th</sup> Thattadavus are set in Rubaha thalam, the rest are set in Adi thalam.

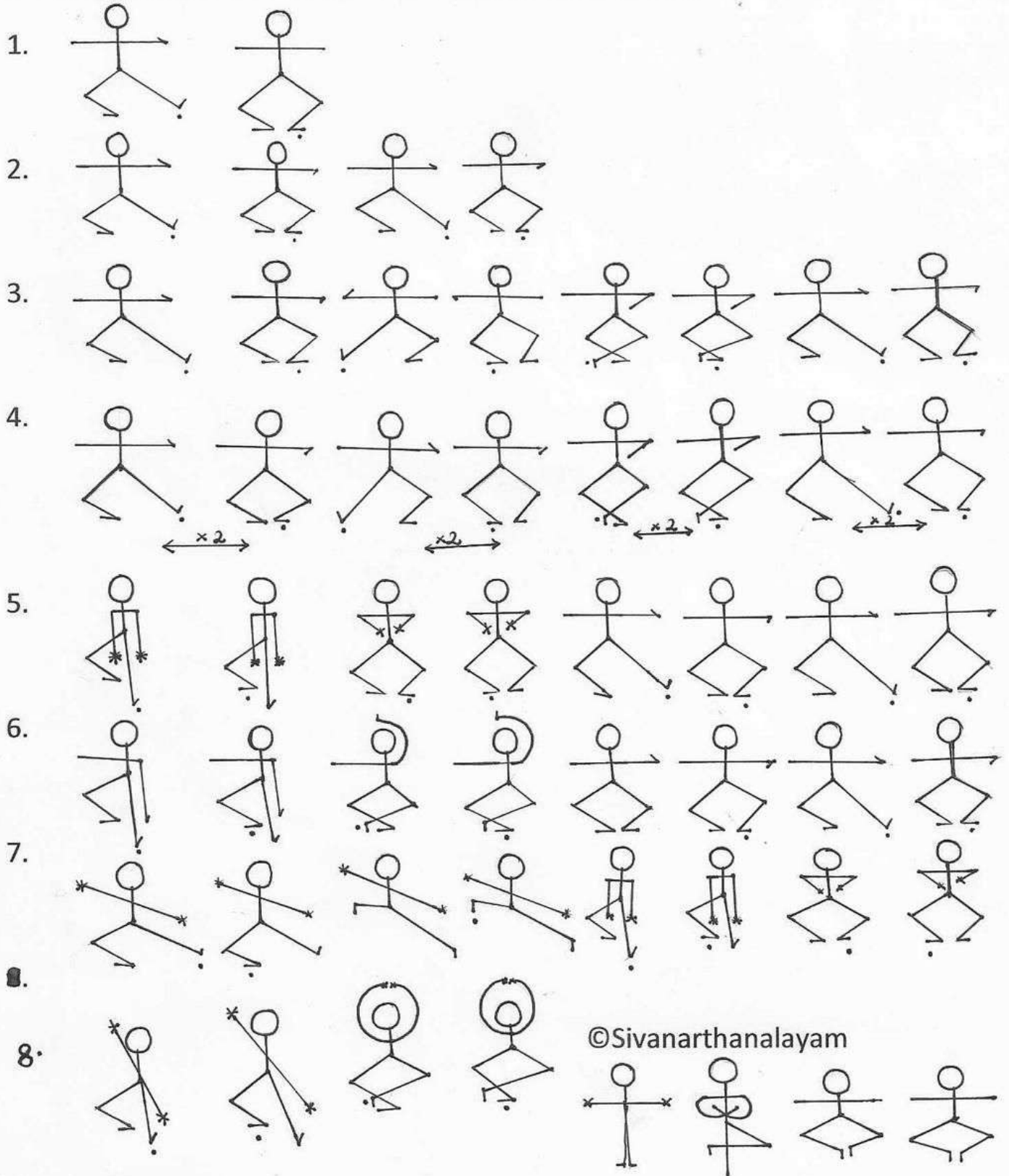
### **\*Sotkattus for all the Thattdavus\***

1. Theiya Thei
2. Theiya Thei
3. Theiya Theiya Thei
4. Theiya Theiya Theiya Thei
5. Theiya Theiya Thei Thei Tham
6. Theiya Theiya Thei Theiya Theiya Thei
7. Thei Thei Thath Thath Thei Thei Tham
8. Thei Thei Thei Thei Thith Thith Thei

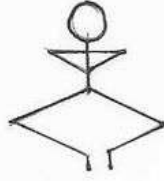
# Nattadavu

## Sollukattu : Theium Thatha Theium Tham

There are 8 types of Nattadavus, all the Nattadavus are set in Adi Thalam. This is the first step we learn with hand Hastas.

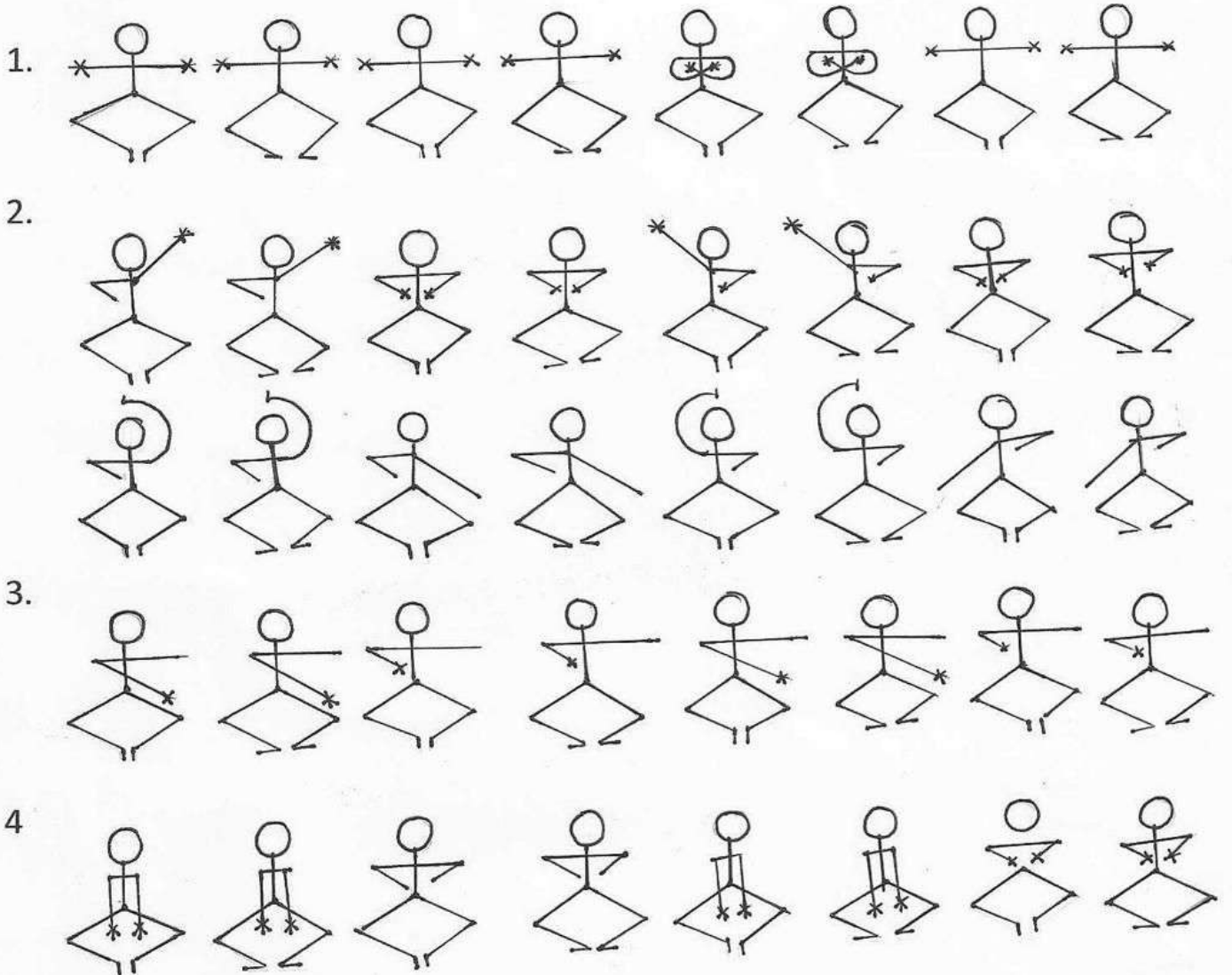


## Kuthithu Mettu Adavu



### **Sollukattu : Theikath Theiki Theikath Theiki**

There are 4 types of kuthithu metu adavus. All of them are set in Adi Thalam.

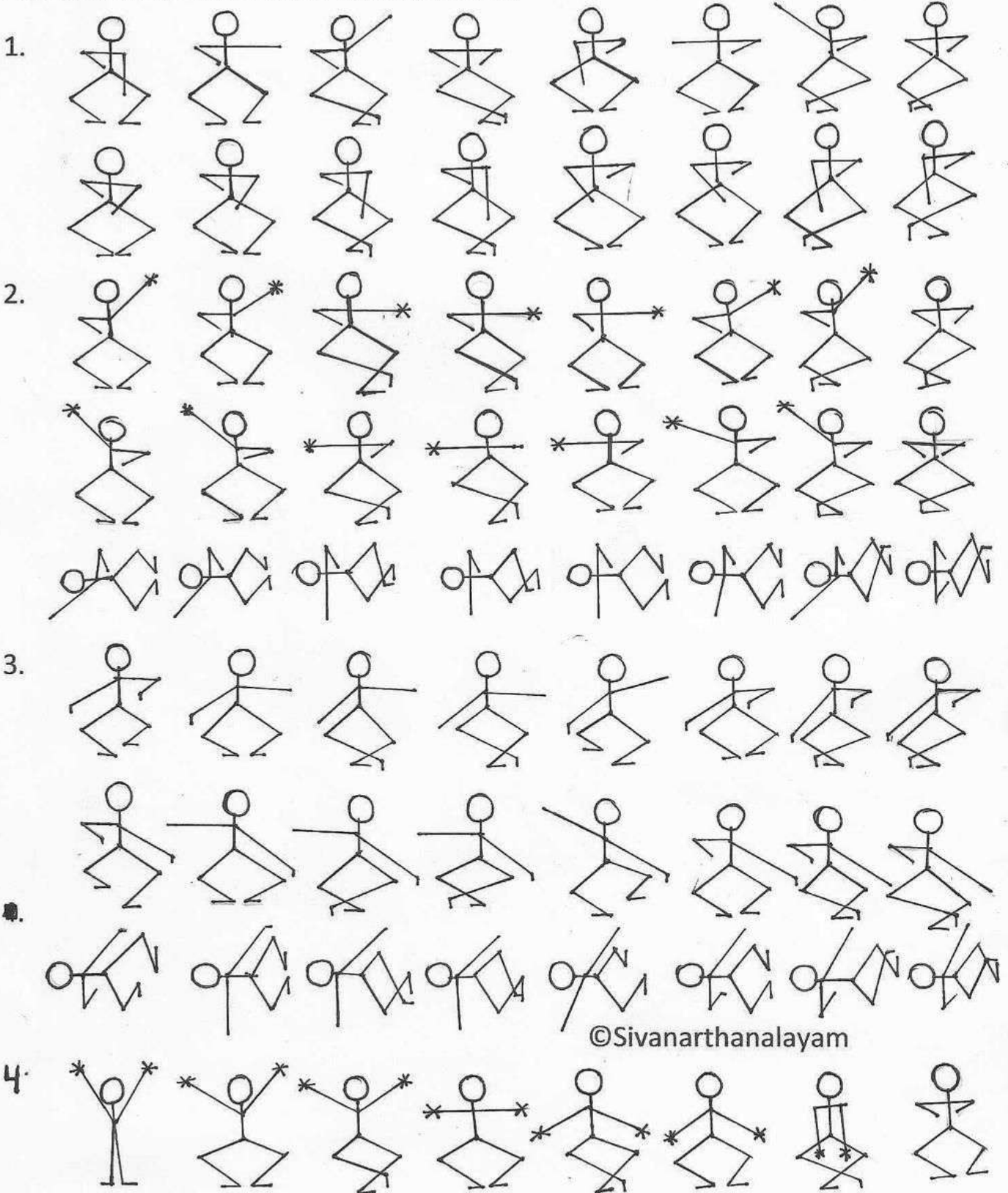




# Paraval Adavu

## Sollukattu : Tha Thei Thei Tha Thith Thei Thei Tha

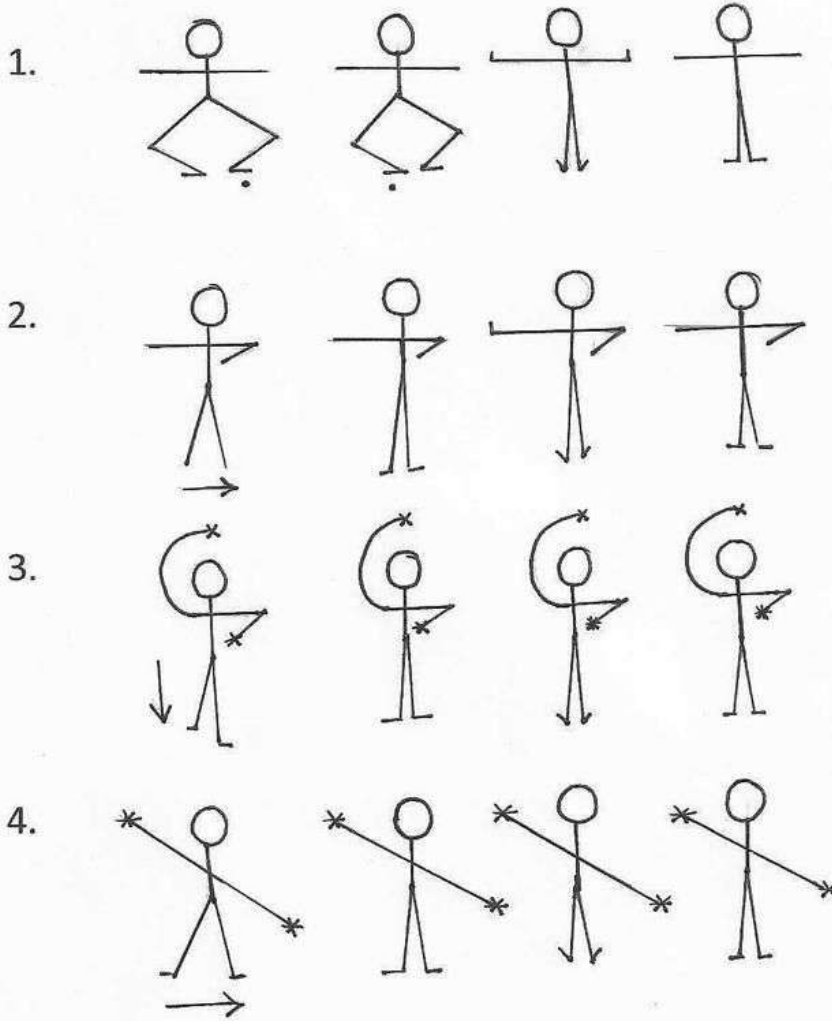
There are 4 variations of Tha Thei Theitha Adavus, they are all set in Adi thalam. It's also called Visharu Adavu.



# Theija Theiji

## **Sollukattu : Theija Theiji Theija Theiji**

The theiya theiji adavu is also called the Sarikai Adavu. Sarikai means slide. It has 4 variations that are all set in Adi Thalam.



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