

# Sivanarthanalaym

Grade 3



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Bharatha Natya Kalaikoodam  
பாரதநாட்டுக் கலைகூடம்

## **The Natiya Markam:**

Natiya Markam means the order of the stage programme. They are arranged in the following order:

1. Alarippu
2. Jathiswaram
3. Sabtham
4. Varnam
5. Patham
6. Keerthanam
7. Javali or Astapathi
8. Thillana

The Natiya Markam was organised by the Thanjai Nalvar, who were a group of four brothers: Chinniah, Ponniah, Sivanantham, and Vadivelu. They played a big part in the revitalisation of Bharathanatyam.

## **The Natiya Kiramam:**

The Natiya Kiramam explains how a dance should be performed.

Yatho hastas thatho thristi.

Yatho thristi thatho manas.

Yatho manas thatho bavas.

Yatho bavas thatho rasakas.

## Meaning:

Where hands go, the eyes must follow.

Where the eyes go, the mind must follow.

Where mind leads, bhava will appear.

Where bhava appears, different kinds of rasakas will show.

## Alarippu:

1. Alarippu is the first stage programme in the Natiya Markam.
2. The word Alarippu means ‘Temple Flower’.
3. Alarippu is traditionally danced to respect the Gods, Guru and audience.
4. It begins with eye and neck movements and is followed by footwork.
5. Alarippu ends with very fast footwork. This is called the ‘Theermanam’.
6. Alarippu can be performed in all five Jaathis (Tisra Jaathi, Cathustra Jaathi, Kanda Jaathi, Mistra Jaathi and Sangeerna Jaathi).
7. Alarippu is a Nirutha item, which means that it is a pure dance with solkattu.

The Alarippu you are learning is Tisra Alarippu.

Ragam: Nattai Thalam: Tisra Eka Thalam

## **Pancha Nadai (Thattu Mettu Adavu):**

Pancha means five, Nadai means foot. This means that there are 5 different feet movements.

Tisra Nadai	Tha Ki Da	3
Chatusra Nadai	Tha Ka Dhi Mi	4
Kanda Nadai	Tha Ka Tha Ki Da	5
Misra Nadai	Tha Ki Da Tha Ka Dhi Mi	7
Sangeerna Nadai	Tha Ka Tha Ki Da Tha Ka Dhi Mi	9

## **Namaskaram:**

1. Namaskaram is always done at the beginning and end of a dance class.
2. Namaskaram is divided into two parts: 'Big Namaskaram' and 'Small Namaskaram'. Big Namaskaram which is done in a Bharatanatyam stage performance; Small Namaskaram which is done in the classroom.
3. It respects the Gods, Guru, Astathikupalakar and Boomadevi.
4. In Namaskaram, there are four mudras used: Kadakamugam, Sikaram, Chathuram and Anjali.
5. Another name for Namaskaram is "Thattikumpidal".

## **Adavus:**

1. Adavus are the basic steps in Bharathanatyam.
2. They are a combination of different feet movements (Patha Betham) and hand movements (Hasthas).
3. Another name for Adavus is 'Karanas'.
4. A dancer's technique depends on the amount of practice they have had on these adavus.
5. Many Adavus joined together make Korvais.
6. Adavus are usually performed in 3 speeds, 1st speed (Vilambitha Laya), 2nd speed (Mathyma Laya) and 3rd speed (Duritha Laya). (Laya means speed)
7. There are specific sollukattus for every Adavu, each with a specific thalam and rhythm.
8. There are several types of Adavus in Bharatanatyam, according to the book "Bharathakalia Kodpadu" which are: Thattadavu, Nattadavu, Thatu Mettadavu, Kuthadavu, Kuthitu Mettu Adavu, Marthithi Adavu, Sarukal Adavu, Mandiadavu, Paaichal Adavu, Sutral adavu, Korvai adavu, Makuda adavu.

## **Differences between Adavus and Korvais:**

1. Adavus are a combination of hand and foot movements, but korvais are a combination of Adavus.
2. Adavus are always performed in three speeds, whereas korvais start in first speed and end in third speed.

## **Korvais:**

- 1.** Lots of Adavus combined is called a Korvai.
- 2.** Lots of Korvais combined make items. E.g – Jathiswaram and Thillana.
- 3.** Korvais should have rhythm.
- 4.** When composing Korvais, certain rules must be followed.
  - a)** Make sure that Adavus balance on both sides.
  - b)** You should not repeat any Adavus.
  - c)** It should end with Kita Taka Tharikita Thom or Thathing Kina Thom.
  - d)** It starts with first speed and goes on until it ends with third speed.

## **Mudras:**

- 1.** Mudras are different hand gestures (positions).
- 2.** Another name for Mudras is ‘Hastas’.
- 3.** According to the book “Abinaya Dharpana”, there are two main varieties of Hasthas, which are: Asamyutha Hastas (single hand) and ‘Samyutha Hastas’ (double hand).
- 4.** Asamyutha hastas are 28 mudras & Samyutha hastas are 24 mudras.
- 5.** Each mudra has a different meaning in Bharatanatyam called Vinyogams. They are very important because they express the meaning of the lyrics. Eg: makute: crown
- 6.** Mudras become the conscious translator of thought to the universe.

## **Divisions of dance:**

Bharatanatyam is divided into three main divisions which are:

- 1. Nirutham**
- 2. Niruthiyam**
- 3. Natiyam**

### **Nirutham:**

- 1. Nirutham is the pure movements in dance.**
- 2. It does not have facial expressions.**
- 3. The movements have no special meaning; it is done to create beauty and pleasure for the audience.**
- 4. It has lots of footwork.**
- 5. It can be appreciated by all people and performed because of its pure beauty.**

E.g - Alaripu, Jathiswaram

### **Niruthiyam:**

- 1. Niruthiyam is a form of dance which includes both rasa and bhava.**
- 2. It is full of facial expression and meaning.**
- 3. Niruthiyam is filled with different kinds of flavours and moods.**
- 4. Anyone can easily understand it's meaning due to the expressiveness of this dance.**

E.g: Sabtham, Javali, Patham

## **Natiyam:**

1. Natiyam is drama.
2. It combines dancing and acting.
3. It has a combination of Nirutham and Niruthiyam.
4. The dancer uses her own imagination and creation to express a story.
5. It tells a story or some incident.

E.g – Dance Dramas

## **Bharathanatyam Lakshanams:**

Bharathanatyam's Lakshanams are:

Bha – meaning Bhavam

Ra – meaning Ragam

Tha – meaning Thalam

## **Differences between Asamyutha and Samyutha Hastas:**

### **Hastas:**

1. Asamyutha Hastas are single hand mudras, but Samyutha Hastas are double hand mudras.
2. There are 28 mudras in Asamyutha Hastam, but only 24 in Samyutha Hastam.
3. When we dance Adavus, we use Asamyutha Hastas a lot; we don't use Samyutha Hastas as much.

## **Shiro Betham – Head Movements:**

Siro Betham means 9 different head movements. They are:

**1. Samam** - looking straight.

Used to show - beginning of the dance

**2. Udvakitha** – Your face is pointed up.

Used to show - high objects

**3. Adhomuka** - Face down.

Used to show - looking down or bowing

**4. Alokitham** - Head moves in a circle.

Used to show – excitement or fainting

**5. Thutham** – Head turns left and right.

Used to show – saying no or impatience

**6. Kampithamsha** – Nod your head up and down.

Used to show - enquiry, suggestion

**7. Pravrittham** – Head faces one side.

Used to show – anger or avoiding some one

**8. Ukshiptam** – Head turns the other side.

Used to show – direction or acceptance

**9. Parivakitham** – Slowly head shakes side to side.

Used to show - beloved and pleasure

## **Thirusti Betham – Eye Movements:**

Thirusti Bethams are the 8 different eye movements. They are:

**1. Samam** - Look straight.

Used to show calmness.

**2. Alolitham** – Look all around.

Used to show emotions.

**3. Sachi** – Look to one side.

Used to show a secret purpose.

**4. Pralokitham** – Look side to side.

Used to show looking to both sides.

**5. Nimelitham** – Half close your eyes.

Used to show prayers.

**6. Ulogitham** – Look up.

Used to show heights.

**7. Anuvritham** – Looking up and down very quickly.

Used to show anger.

**8. Avalokitham** - Look away.

Used to show shadows.

## **Griva (Kanda) Betham – Neck Movements:**

Griva Bethams are the 4 different neck movements. They are:

**1. Sundari** – Move the neck side to side (Attami).

Used to show pleasure and chat.

**2. Tirashina** – Neck moves one side.

Used to show snakes.

**3. Parivarthitham** – Move your neck in a ‘U’ shape.

Used to show love.

**4. Prakampitam** – Neck moves forward and back.

Used to show pigeons.

## **Set one:**

- 1.** Which language is Dhiyana slogan set in?
- 2.** What mudra is used for praying to Bomadevi?
- 3.** Which double hand mudra is used in the Dhiyana slogan?
- 4.** Which God is mentioned in the Dhiyana slogan?
- 5.** What is described as lord Siva's body in the Dhiyana slogan?
- 6.** What mudra is used to show 'body' in Dhiyana slogan?
- 7.** What is the first step you learn in Bharathanatiyam?
- 8.** How many Thattadavus are there in Bharathanatiyam?
- 9.** Which Thattadavus are set in Rubaha Thalam?
- 10.** What feet position used in Thattadavu?
- 11.** Name two different Thalams.
- 12.** How many counts are there in Adi Thalam?
- 13.** How many counts are there in Rubaha Thalam?
- 14.** What we do at the beginning and end of the dance?
- 15.** When do we pray Astathikupalakar?
- 16.** What are all the mudras used in Dhiyana slogan?
- 17.** What is the solkattu for the 5<sup>th</sup> thattdavu?
- 18.** What is the solkattu for the 8<sup>th</sup> thattdavu?
- 19.** What is the meaning for 'Bha', 'Ra' and 'Tham'?
- 20.** What are the Bharatanatyam lakshanams?

## **Set 2:**

- 1.** How many Nattadavus are there?
- 2.** What is the solkattu for Natadavu?
- 3.** Which nattadavaus do not use the thripathaka hastam?
- 4.** Which Nattadavu uses a double hand mudra?
- 5.** Which Nattadavu is performed is both Aramandi and Mulumandi?
- 6.** Which double hand mudra is used in the 8<sup>th</sup> Nattadavu?
- 7.** Which Nattadavus use only Thripathaka hastham?
- 8.** How many Paraval Adavus are there?
- 9.** What is another name for Paraval Adavus?
- 10.** Which 'Tha Thei Thei Tha' adavu is performed using dola hastam?
- 11.** How many Kuthithu Mettu Adavus are there?
- 12.** What mudras are commonly used in Kuthithu Mettu Adavus?
- 13.** Which adavu is performed using the same foot movement but different hand movements?
- 14.** What thalam is all Kuthithu Mettu Adavus set in?
- 15.** How many 'Theiya Theiji' Adavus are there?
- 16.** Which adavu can also be called 'Chari Adavu'?
- 17.** Which thalam is all the 'Theiya Theiji' Adavus set in?
- 18.** What country does Bharathanatyam originate from?
- 19.** Which Adavus are called Theermana/Makuda Adavus?
- 20.** Which Thrishti betha is used in Alarippu?
- 21.** What is the Sanskrit name for Attami?

### **Set 3:**

- 1.** List 7 adavus that are set in Rubaha thalam.
- 2.** What does 'Hastham' mean?
- 3.** What does 'Thrishti' mean?
- 4.** What should follow your hand?
- 5.** What is the first stage program?
- 6.** What is the last stage program?
- 7.** What item first shows facial expression in the Natiya Markam?
- 8.** Name two items that go under Nirutham.
- 9.** What is the Natiya Markam?
- 10.** Give two examples of a Niruthiya item.
- 11.** What Nadai is your Alarippu set in?
- 12.** What item respects God, Guru and the Audience?
- 13.** What is the Natiya Kiramam?
- 14.** What Adavus are performed in Alarippu's theermanam?
- 15.** What is the Sanskrit name for Attami?
- 16.** What festival happens in January?
- 17.** Which festival prays to three Goddesses?
- 18.** Which teaching aid is used in dance classes to help students with their beat?
- 19.** What is made when many Adavus are joined together?
- 20.** Which mudra is used in Katharimuga adavu?
- 21.** What is the solkattu for Utsanga adavu?

## **Set 4:**

- 1.** How many Asamyutha Hasthas are there?
- 2.** What is the Sanskrit name for the single hand Hasthas?
- 3.** How many Samyutha Hasthas are there?
- 4.** What is the Sanskrit name for the double hand Hasthas?
- 5.** What adavu is performed in a full sitting position?
- 6.** What adavu is performed using only Thripathakam?
- 7.** Which 'Thath Thei Tha Ha' adavus are performed in Rubaha Thalam?
- 8.** How many Sarakkal Adavus are there?
- 9.** What is the solkattu for Mandi adavu and Sarakkal adavu?
- 10.** When two Pathaka hasthas are joined together, which double hand mudra is made?
- 11.** When two Kadagamuga hasthas crossover, which double hand mudra is made?
- 12.** Which single hand mudra is used in Matsya hastham?
- 13.** List four mudras that can be made using two Mirugashisha hasthas?
- 14.** Which two double hand mudras are made using two different single hand mudras?
- 15.** What double hand mudras can be made using two Arthachandra hasthams?
- 16.** What mudras are used to show birds?
- 17.** What is the meaning of Mayurakyo?
- 18.** Which mudra can be used to show a flower basket?

- 19.** When two Alapathma hasthas cross over, which double hand mudra is made?
- 20.** Which 'Thath Thei Tha Ha' adavu is performed in Alarippu?
- 21.** Which Mandi adavu is performed in Alarippu?
- 22.** What Adavus are performed in Alarippu?
- 23.** What are the differences between Asamyutha hastham and Samytha hastham?
- 24.** Which adavu is also called Paachal adavu?
- 25.** Which adavu is also called Kuthu adavu?

Bharatha Natya Kalaikoodam  
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