



# samarpana

*School of Indian Fine Arts*

## Syllabus

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### **Beginners' course:**

1. Warm-up exercise routine every lesson.
2. Adavus (the basic fundamental steps of bharathanatyam).
3. Some basic dance theory.

### **Intermediate course:**

1. Warm-up exercises and adavu practice every lesson.
2. One 'margam,' which includes the following dance items:  
Pushpanjali  
Alarippu (Thisram, 6 beat cycle or Chathusram 8 beat cycle)  
Kauthuvam  
Jathiswaram  
Saptham  
Varnam  
Padam or Keerthanam  
Thillana
3. Dance theory includes, introduction to Abhinaya (expression), and understanding thalam (rhythm).

### **Advanced syllabus:**

1. Warm up exercises and adavu practice every lesson.
2. Another sequence of items as listed above, including Alarippu, from a choice of 35 thalas, varnam, and also padams, javali and ashtapadi.

3. Introduction to dance choreography (opportunities are given for post arangetram students to use their creativity in conjunction with the traditions of Bharathanatyam to choreograph and perform their own dance number)
4. Advanced dance theory

### **Arangetram Classes:**

Special training for students wishing to do their Arangetram (debut solo performance) will begin at least a year before the scheduled date of their performance. Students must have completed up to the intermediate level before they can do their Arangetram. Those students who do not do an Arangetram after completing the intermediate course will have to do an exam to obtain their certificate of completion of the intermediate course and to progress to the advanced class.

### **Nattuvangam Classes:**

Nattuvangam is the art of teaching and conducting a dance recital. Nattuvangam classes are offered for existing dance teachers, and students who have completed their Arangetram and wish to teach Bharathanatyam. After completing the nattuvangam course, students can also perform their **Nattuvanga** arangetram.

Nattuvangam syllabus:

1. Theory and basics of the thaalam (rhythm) system used in South Indian classical music.
2. Methods for writing adavus and jathis with thala notations
3. Techniques for conducting classes using a “thattukazhi”
4. Techniques for conducting a performance using the cymbals (“thalam”)
5. Rules for composing jathis (rhythmic syllables for dance)
6. Importance of tone and pronunciation when reciting jathis
7. Konnakol