

BHARATNATYAM

LEVEL 2 SYLLABUS

- Warm-up exercise
 - Raising heels and sitting in Araimandi, Muzhumadi
 - Touching feet to the hip while jumping
 - Extra high leg raises
 - Balancing exercises
- Adavus
 - Kudittu Mettu Adavu (jumping and pressing the heels on the floor)
 - Kuttadavu (to strike with toes)
 - Sarikaladavu (slide movements of the feet)
- Item (Pushpanjali)
- Revision of the previous level
- Theory
 - Sirobhedas (head movements - total 9)
 - Drishti Bhedas (eye movements - total 8)
 - Griva Bhedas (neck movement - total 4)
 - Deva Hastas (hand movements that depict Gods - total 9)
 - Dashavtara Hastas (hand movements that depict 10 incarnations of Vishnu) and their stories

LEARNING OUTCOME

- Eye exercises leading to better vision
- Improved flexibility, stamina, concentration
- Knowledge of mythological stories leads to a better understanding of Indian culture
- Enhanced self-expressions
- Improved understanding of Laya
- Understanding of the item's raga and tala

NOTE

- This syllabus is an outline; less or more content may be covered depending on an individual student's ability