

BHARATNATYAM

LEVEL 4 SYLLABUS

- Warm-up exercises
 - Warm-up exercises of all earlier levels
 - Progressively complex warm-up exercises to boost the stamina
- Adavus
 - Mandi Adavu (includes sitting movements)
 - Korvai Adavu (includes a string of adavus that end on a theerman)
 - Other Adavus
- Item
 - Tisra Allaripu
 - Jatiswaram
- Revision of the previous level
- Theory
 - Bandhav Hastas (hands of relationships)
 - Usages of Asamyukta and Samyukta Hastas (at least six each)
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LEARNING OUTCOME

- Enhanced control of various elements of Bharatanatyam dance
- Significant booster to confidence and self-esteem
- Medium-length performance readiness
- 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