



# TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

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Internationally Recognized Institution Registered under Tamilnadu Govt Act

## Syllabus for Grade-2 Examination

### I. Practical

#### I. Adavus

##### 8) Sarukal Adavu

Sollukattu: Thankidu dhath dhath dhinna (Roopakam)

##### 9) Mandi Adavu

Sollukattu: Thamkita dhath dhath dhinna (Roopakam)

##### 10) Theerumana Adavu (3) or Maguda Adavu

Sollukattu:

##### 1) Tha Ha Tha Jem Dhari Tha Adavu (Roopakam)

Sollukattu: Tha ha tha jem dhari tha  
jem dhari ja ka dhari tha (OR)

Thei thei dhith dhith thei thei tham

##### 2) Tha Dhim Ki na Thom Adavu (Roopakam)

Sollukattu: Tha dhim ki na thom  
Tha ka tha dhim ki na thom  
Thankidu dhath dhath dhinna

##### 3) Kita Thaka Dhari Kita Thom Adavu (Roopakam)

Sollukattu: Kita tha ka dhari kita thom  
Tha kita thaka dhari kita thom  
Tha ka dhi ku kita tha ka dhari kita thom

##### 11) Thei Thei Dhath Tha Adavu (Aadi)

Sollukattu: Thei thei dhath tha  
Dhith thei dhath tha

## 12) Paychal Adavu (2) - Kathi Adavu (1)

Sollukattu: Thith Theiumtha Tha Thei, Thith Theiumtha Tha Thei

There are three Thith Theiumtha Tha Thei Adavus.

All of them are set in Adi thalam

3rd Thith Theiumtha Tha Thei Adavu calls "KATHI ADAVU".

## 13) Karthari Adavu -katharimuhka hasta

Sollukattu: 1)Thith Theiumtha Tha Thei, Thith Theiumtha Tha Thei

- 2) Thith Theiumtha Tha,  
Thith Theiumtha Tha,  
Thith Theiumtha Tha,  
Thith Theiumtha Tha Thei

Saarika Adavu / Simiral Adavu / Nadai Adavu - 2

( Note : Solkattu and Thalam should be known and should tell for the above Adavus)

## II. ORAL(Theory)

### Viniyogas of Angas - Padha Bedham

#### 1.Sthanaga Bedham (Basic Stances)

Before engaging in movements, a dancer must know the basic stances:

**Samapaadam:** Standing with feet together, knees straight.

**Araimandi:** Half-sitting posture with knees bent sideways.

**Muzhumandi:** Full-sitting posture (deep squat).



Samapaadam  
(Standing)



Araimandi  
(Half Sitting)



Muzhumandi  
(Full Sitting)

## 2. Mandala Bhedham (10 Standing Postures)

Mandala Bhedham refers to the various standing postures or leg positions in Bharatanatyam. There are 10 basic mandalas:

**Sthanaka:** Standing in Samapada (straight) with hands in Ardachandra on the hips.

**Ayata:** Standing in Aramandi (half-sit) with feet separated by one vita (span) and knees bent outward.

**Alidha:** Standing with the right foot back, knees bent, left hand in Shikhara, and right hand in Katakamukha.

**Prekhana:** Standing in Ayatam with one leg stretched to the side on the heel, hands in Khoorma.

**Prerita:** A violent posture with one foot in Aramandi and the other stretched out, with Shikhara hand near the chest.

**Pratyalidha:** The reverse of Alidha.

**Swastika:** Standing with feet crossed.

**Motita:** Standing on toes and touching the ground with both knees alternately.

**Samasoochi:** Kneeling on both knees, touching the ground with toes and knees together.

**Parshvasoochi:** Kneeling on one side, with one knee on the floor and the other foot planted.

## 3. Utplavana Bedham (5 Leaps)

Utplavana refers to jumping or leaping movements:

**Alaga:** Jumping with hands in Shikhara on the waist.

**Kartari:** Jumping with both hands in Shikhara downwards on either side of the waist, landing on toes.

**Ashwa:** Jumping with both feet together while hands are in Tripataka.

**Motita:** Jumping alternately on the sides.

**Kripaalagam:** Jumping with heels touching the opposite posterior (buttocks).

#### 4. Bhramari Bedham (7 Turns/Spins)

Bhramari refers to circular or spinning movements:

**Utpluta:** A spin made while jumping.

**Chakra:** A quick circular turn.

**Garuda:** A turn done in Alida position (like a bird).

**Ekapaada:** A spin on one leg.

**Kunchita:** A spin while the legs are in Kunchita (bent) position.

**Aakaasha:** A spin done in the air.

**Anga:** A spin done with the body lowered.

#### 5. Chari Bedham (8 Walking Movements)

Chari refers to the movement of one leg, which is crucial for gait and walking:

**Chala:** Moving the leg gently.

**Chari:** Walking straight.

**Vartana:** Rotating the feet.

**Sari:** A fast walk.

**Utteetana:** Lifting the leg.

**Pattana:** Moving the leg in a circular manner.

**Chinna:** Walking with crossed legs.

**Anchita:** Walking with heels on the ground.

**6. Gathi or Nadai (Gaits) :** refers to the aesthetic walking patterns or styles used to represent different characters or animals. Examples include:

**Hamsa Gathi:** Swan walk.

**Mayura Gathi:** Peacock walk.

**Simna Gathi:** Lion walk

**Gaja Gathi:** Elephant walk.

**Sarpa Nadai:** Snake walk

**Kabootar Gathi:** Pigeon walk

