Introduction to Indian classical dance

Curricular plan

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***India has a great cultural heritage. It has thousands of years of development of different forms of Art and Culture. Performing Arts is one of the most popular branches of various art forms. Performing Arts mainly consists of Music, Dance and Drama.***

***In order to serve to the needs of Indian Embassy in Argentina for educating in Dance arts and culture, the following syllabus are proposed.***

# Indian Classical dance

**This is an Introductory Kathak and Bharatanatyam dance course based on the basic concepts and technical aspects, from the History and the Origin of these Dance forms, students will be able to understand the technical as well as aesthetical dimensions of Indian classical dance.**

**This course is meant to last 12 lessons of 1 hour each, divided in 2 parts. Each lesson contains a theoretical and a practical part (that includes warm up and cool down exercises). The duration of each part may vary accordingly with the needs of each lesson.**

## **Part 1 (6 lessons):** Basics about Kathak Dance.

* Theoretical part: Origin, History and Development of Kathak. Introduction to Laya Taal (Padhant). Knowledge of Technical Terms. Languages in Kathak and its Notation Systems. Study of Gharanas: Distinguishing features and performnaces. Aspects of Presentation.

Basic music concepts (taal, matra, laya,).

* Practical part: Teentaal. Tatkaar (footwork). Hastaks (hand movements and positions). Chakkars. Basic compositions (Aamad – Tukda – Thoda - Tihai). Guru Vandana performance.

## **Part 2 (6 lessons):** Basics about Bharatnatyam

* Theoretical part: Origin, History and Development of Bharatnatyam? Knowledge of Technical Terms. Languages in Bharatnatyam and its Notation Systems. Natya Shastra and Abhinaya Darpana. Samyuta and asamyuta hastas.
* Practical part: Tata adavus. Natta adavus. Pakka adavus. Jatis. Dhyana Sloka performance.