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| **WEEKLY SYLLABUS FOR THE YEAR 2018-19- INDIAN DANCE** | | | | |
|
| **April-2018** | | | | |
| **CLASS** | **WEEK 1** | **WEEK 2** | **WEEK 3** | **WEEK 4** |
| 6 | Dhyana Shlokam , exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|  | Basic Step Tattadavu | Tattadavu | Thattadavu 8 steps | Revising adavus & Samyukta hasdas |
|  | Starting 4 steps | Remaining steps | Introducing mudras single hand | Basics of folk dance |
|  |  | Total 8 adavus | Asamyukta hastas |  |
|  |  |  |  |  |
| 7 | Shlokam exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|  | Tattadavu | Tattadavu 8 steps | Nattadavu remaining 4steps | Nattadavu |
|  | Samyukta Hastas | Nattadavu 4 steps | Eye expression | Eye expression |
|  | Meaning writing | Total 8 adavus |  | attami (head shakes) |
|  |  |  |  |  |
| 8 | Shlokam exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|  | Tattadavu & Nattadavus | Nattadavu | Pakkadavu | Pakkadavu 3rd & 4 |
|  |  | Mudras |  | Eye expression |
|  |  |  |  |  |
| 9 | Shlokam exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|  | Tattadavu | Pakkadavu | Ettadavu | Ettadavu semi classical |
|  | Nattadavu | Mudras | Expression |  |
|  |  |  |  |  |
| 10 | Shlokam exercise | Shlokam exercise | Shlokam exercise | Shlokam exercise |
|  | Basic Tattadavu | Ettadavu | Sarakkal adavus | Semi classical & folk |
|  | Nattadavu | Mudras |  |  |
|  | Pakkadavu |  |  |  |
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| **WEEKLY SYLLABUS FOR THE YEAR 2018-19- INDIAN DANCE** | | | | |
|
| **May- 2018** | | | | |
| **CLASS** | **WEEK 1** | **WEEK 2** | **WEEK 3** | **WEEK 4** |
| 6 | Exercise | Semi classical | Contemporary basics | Western Dance basics |
|  | Adavus | Folk |  |  |
|  |  |  |  |  |
| 7 | Exercise | Semi classical | Contemperoroy basics | Hip hop |
|  | Adavus | Folk |  |  |
|  |  |  |  |  |
| 8 | Adavus | Semi classical | Contemperory | Western |
|  | Hastas | Kathak basics | Varing Movements | Waving & tutting form |
|  |  |  |  |  |
| 9 | Adavus | Semi classical | Kathak | Hip hop |
|  | Expressions | Basics of mohiniyattam | Contemperory | Freestyles |
|  | Hastas |  |  |  |
|  | Rasas (Nav) |  |  |  |
|  |  |  |  |  |
| 10 | Adavus | Semi classical | Contemperoroy | Free styles |
|  | Expression items for performance | kathak | Martial arts basics |  |
|  | Nav Rasas | Mohiniyattam |  |  |
|  |  |  |  | **Summer Break(From 03.06.18 to 31.07.18)** |
|  |  |  |  |  |