



GRIFFIN COLLEGE LONDON

INTERNATIONAL EXAMINATION BOARD, UK

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**CLASSICAL INDIAN
BHARATHANATYAM
GRADED EXAMINATIONS**

**Syllabus Framework for
Practical & Theory**





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GRADE PROGRAMME IN BHARATHANATYAM

(Syllabus Framework for Practical & Theory)

Number of Pages 26 Pages

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Welcome

Griffin College London is a leading Exam board and independent education non-profit organisation has been providing assessments since 2010 with the vision to support Communities and encourage social cohesion in Academic, Language and Performing Arts Sector. Griffin has grown to become one of the leading institutions of its kind; widening participation to include anyone with a desire for education in Academics, Language and Performing Arts. Since becoming established in 2010 our experience, knowledge and skills have enabled us to build a reputation for reliably high standards in Academic Language and Performing Arts Sector.

Griffin College London is also leading UK based Higher Education College and Examination Board, by leading awarding body in UK.

Griffin College London qualifications are specifically designed to help students progress. Examiners are trained and tested every year to ensure they mark exam papers precisely and reliably. Before they mark any 'live' papers, examiners must pass 'standardisation' tests to ensure they can apply the mark scheme precisely, consistently.

Griffin College London offers Performing Arts examinations and qualifications for learners of all ages and abilities. These examinations are offered through the provision of syllabi in multiple genres and are taught by qualified teachers to enter candidates for examination. The syllabi are themselves developed by the Faculty Board Members.

The administration of examination sessions from the point of receiving applications from the teacher / Centres through to booking the examiner, processing timetables, handling the processing of results and dispatching certificates and awards.

The constant monitoring of all examination processes to ensure standards of examinations are consistent. Ensuring all candidates are properly registered, checking and recording all examination results and monitoring all examiners' training and standards to ensure all candidates receive fair and equal assessment and all equal opportunities are met. It is also necessary for the organisation to ensure



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it meets the standards required by the awarding body authorities to retain the accreditation and recognition of its qualifications.

The Organisation seeks to maintain and develop standards of teaching through provision of appropriate courses and training opportunities. Furthermore, the Organisation provides a range of events and activities to ensure that the learners, teachers and examiners are kept up-to-date with developments in Performing Arts Qualification

At Griffin we pride ourselves on offering a quality learning background.

We aim to design assessments that have a positive impact on student learning, engagement and achievement. We encourage candidates to bring their own choices and interests into our exams – this motivates students and makes the assessment more relevant and enjoyable. Our flexible exams give candidates the opportunity to perform to their strengths and interest. Our qualifications are accessible to candidates of all ages and from all cultures. Our highly qualified and friendly examiners are trained to put candidates at their ease and provide maximum encouragement.



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Foreword : Mrs Padma Rahulan MA (Hons)

Founder / Chair - Griffin College London

Griffin College London's vision is to provide entrée to all students intellectually demanding gratifying qualifications, which they can use to forward their academic studies and provide benchmarks to demonstrate their level of proficiency.

We recognise that students have different reasons for learning Fine Arts. We provide different pathways for Graded and Vocational training desire through:

Grade 1 to Master's Degree in the following Fine Arts Subjects

- Classical Indian Dance Bharatanatyam • Classical Indian Dance Kathak • Carnatic Vocal
- Carnatic Veena • Carnatic Violin • Carnatic Keyboard • Carnatic Guitar
- Carnatic Morsing, • Carnatic Flute • Carnatic Tabla • Carnatic Miruthangam
- Carnatic Kanjeera, • Carnatic Nadaswaram, • Carnatic Jalatharangam.
- Carnatic Thavil

Our team is a blend of exceptional talent and diverse cultures who take a creative and enthusiastic approach to the work that we do and we like seeing the same passion in all of our staff.

Griffin College London Fine Arts Qualification certificates for candidates provide the benchmark across the world.

We hope you enjoy using our material and taking our qualifications.



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CERTIFICATE COURSE LEVELS AND GUIDED LEARNING HOURS

Griffin Foundation Graded Examination in Dance

Beginner Level

GRADE 1, 2, 3

Maximum Guided Learning hrs. 60

- Theory Exam
- Practical Demonstration
- Exercise

Griffin Foundation Graded Examination in Dance

Preliminary Level

GRADE 4 & 5

Maximum Guided Learning hrs. 75

- Theory Exam
- Practical Demonstration
- Exercise



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Griffin Certificate in Graded Examination in (Theatre) Dance: Grade 6 Intermediate

Grade 6

Maximum Guided Learning hrs. 90

- Theory Exam
- Practical Demonstration
- Exercise

Griffin Certificate in Graded Examination in (Theatre) Dance

Grade 7 Intermediate

Maximum Guided Learning hrs. 90

- Theory Exam
- Practical Demonstration
- Presentation of File (containing record of musical notations, Candidates should research and to collect a selection of subsidiary material).



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Griffin Certificate in Graded Examination in (Theatre) Dance

Grade 8

Advanced

Higher Level Guided Learning hrs. 120

- Theory Exam
- Practical Demonstration
- Presentation of File (containing record of musical notations, Candidates should research and to collect a selection of subsidiary material).



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GRADE CERTIFICATE PROGRAMME IN BHARATHANATYAM

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GRADE 1 (Level 1 - Beginner)

➤ Auxiliary Skills

Rhythm and Thalam

- Recitation of Solkattu for adavus in three kalas and appropriate Thalam
- Knowledge of Adi Talam and Rupaka Thalam

➤ Technical Skills and Performance - Adavus

- Adavus are assessed in first and second speeds only and recommended to learn in all three speeds .

	Adavu	Number of Adavus	Solkattu	Stamping	Thalam
1	Thattadavu	8		Sthanakam and Araimandi	Adi, Rupakam
2	Naattadavu	8	Theiyum Thatha Theiyum Tham	Stretching the Leg	Adi
3	Paraval Adavu	4	Tha Thei Thei Tha Thith Thei Thei Tha	That Thei Thei Tha	Adi
4	Egarmettu Adavu	4	Theikath Theiki Theikath Theiki	Theikath Theiki	Adi
5	Jaru Adavu	4	Theiya Theiye	Theiya Theiye	Adi
	Gestures and expression of Slokam (Ganapathi)				



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➤ **Fitness & Body Training**

- Simple Warm -up Exercises for the beginning and end of the Class.
- Holding of the araimandi and sthānaka posture
- Eye , Neck and Head exercise for the purpose of concentrating and position in presentation.
- Exercise for Hand synchronisation.

➤ **Theory Oral**

1	Dhiyana slokam (To be able to recite the slokam in Sanskrit along with the hand gestures and its meaning).
2	Meaning of Namaskaram and Study of Asta Thik Baalagas (Eight direction gods).
3	Individual response to simple questions testing theory, questions generated from the Grade 1 Theory and performance as well as some common question on Bharathanatyam.

➤ **Grade 1 Consists of**

- Adavus
- Thalam Tasks for adavu
- Slokas along with the gestures
- Fitness Task
- Theory questions.



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GRADE 2 (Level 1 - Beginner)

➤ Auxiliary Skills

Rhythm and Thalam

- Recitation of Solkattu for adavus in three kalas and appropriate Thalam
- Asamyuthas Hastham (28) should say the meaning in Sanskrit
- Samyuthas Hastham (24) should say the meaning in Sanskrit

➤ Technical Skills and Performance - Adavus

- Adavus are assessed in three speeds.

	Adavu	Number of Adavus	Solkattu	Thalam
1	Eettadaivu	6	Thath Thei Tham Thith Thei Tham	Adhi
2	Kuththadavu (or) Veesaladavu	4	Thath Thei Thaha	1st Rupakam, 2nd, 3rd and 4th Adi
3	Thith Thith Thei	2	Thith Thith Thei	Adhi
4	Mandi Adavu	4	Tharngkidu Thatha Thina	Rupakam
5	Paaichal Adavu	3	Thith theintha tha thei	Adhi
6	Sarikkal Adavu / Kathi Adavu	1	Tharngkida Thatha Thina	Rupakam
7	Thei Thei Thaththa	3	Thei Thei Thaththa	Adhi
8	Pushpanjali	1		



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Fitness & Body Training

- Maintenance of a good posture
- Strengthening feet and legs.
- Developing Balance.

➤ **Theory - Oral**

1	Single hand gestures (Asamyutha hastha - 28). Should say the slokam with meaning
2	Double hand gestures (Samyutha hastha - 24). Should say the slokam with meaning
3	Simple Explanation on Adavu, Bhavam, Raghama, Thalam and Bharatham
4	Individual response to simple questions testing theory, questions generated from the Grade 1 and Grade 2 Theory and performance as well as some common question on Bharathanatyam.

Grade 2 Consists of

- Adavus
- Thalam Tasks for adavu
- Asamyutha Hastha along with hand gestures
- Samyutha Hastha Slokam along with hand gestures
- Fitness task
- Theory questions.



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GRADE CERTIFICATE PROGRAMME IN BHARATHANATYAM

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Grade - 3 (Level 1 - Beginner)

➤ **Auxillary Skills**

Rhythm and Thalam

- Recitation of Jatis Covered
- Recital of Solkattu for the Korvai with Thalam
- Recitation of Tisra Alarippu korvai with Thalam
- Candidates should know the Ragam, Thalam and the definitions of the Adavus and the items.

➤ **Technical Skills and Performance- Adavus**

- Adavus are assessed in three speeds

	Adavu / Item	Number of Adavus	Solkattu	Thalam
1	Uthsanga Adavu			Adi
2	Thei Thei Thithi Thei	1	Thei Thei Thithi Thei	
3	Korvai Adavu	1	Tha Hatha jum thari tha	
4	Theermana Adavu	1	Tha dhing ginna tom	Rupakam
		1	kita thaka dhari kita thom	
5	Meiyadavu	1	Thaka Thimi	
6	Thattu Mettu Adavu Pancha Nadai	5		
7	Karthari Adavu	1	Thangida thatha thina / Thaka Thimi	Adhi
8	Naattadavu (Thisra Nadai)			
9	Alarippu Thisram	1		



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➤ **Fitness & Body Training**

- Good understanding of a safe posture: spinal column, hip-knee-ankle alignment, shoulder-elbow-wrist alignment.

➤ **Theory Written**

1	Natiya Margam
2	Definition of Nirutham, Niruthiyam and Natiyam
3	Definition of Korvai
4	Explanation of Alarippu
5	Natiya Kiramam
6	Head movements (Shiro Bedha) 6.1 Eye Movements (Dhristi Bedha) 6.2 Neck Movements (Greevā Bedha)
7	Explanation on Panchanadai
8	Individual response to simple questions testing theory, questions generated from the Grade 1 Grade 2 , and Grade 3 Theory and performance as well as some common question on Bharathanatyam. Grade 3 Consists of <ul style="list-style-type: none">• Adavus• Thalam Tasks• Tisra Alarippu along with Thalam• Shiro, Drishti and Greeva Bedha• Fitness task• Theory



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GRADE CERTIFICATE PROGRAMME IN BHARATHANATYAM

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GRADE 4 (Level 2 - Preliminary)

➤ Auxillary Skills

Rhythm and Thalam

- Recitation of the songs and know the meaning of the lyrics and be able to explain any Sanchari Bhavams performed.
- Candidates should know the Ragam, Thalam of the items.
- Recite the Swaras and say Solkattu for the Theermanam
- Recite the Korvais with correct Solkattu to Thalam

➤ Technical Skills and Performance

- An invocatory item with both nritha and abhinaya, for example, Kavittuvam, It is mandatory that the abhinaya performed in this Grade is set to a time cycle as opposed to free verse.
- A selection of 2 adavus should be made, each demonstrating a different movement quality.

	Adavu / Item	Number of Adavus	Solkattu	Thalam
1	Kuthadavu in Panja Nadai			
2	Silladavu (Tha thith tha)	1	Thaka Thimi	Adhi
3	Jathiswaram			
4	Kowthuvam	1		
5	Sabtham	1		
6	Thevaram / Thiruvasagam	1		
7	Bharathiyar Padal	1		



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8	Asamyutha Hastha Viniyogam (Pathakam – Mushti). Hand gestures and meaning with correct Slokam in Sanskrit	1 -10		
9	Compose Korvais in Adi and Rupaka Thalam (2 to 4 Avarthanams) Perform the Korvai	1		

➤ **Fitness & Body Training**

- Understanding of the difference between general and style-specific warm-up and cool-down.
- Knowledge of exercises for developing stamina. Use of breath

➤ **Theory Written**

1	1.1 Ādal Āsiriyaṛin Amaidhi (Quality of teacher) 1.2 Character expression 1.3 Ādal Margalirin Amaidhi (Quality of dancer) 1.4 Physical Features
2	Brief Knowledge on Kinkini
3	Define Thandavam and Lasyam
4	Brief Knowledge on Theermanam
5	Asamyutha Hastha Viniyogam (Pathakam to Mushti). Hand gestures and meaning with correct Slokam in Sanskrit

• **Grade 4 Consists of**

- Adavus
- Jathiswaram
- Sabtham
- Thevaram / Thiruvagasam
- Asamyutha Hastha Vinoyogam (Pathakam to Mushti) along with Hand Gestures
- Fitness Task
- Tala Tasks
- Bharathiyar Padal
- Theory



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GRADE 5 (Level 2 Preliminary)

➤ Auxillary Skills

Rhythm and Thalam

- Recitation of the Thillana Korvais and know the meaning of the lyrics
- To be able to explain Sanchari Bhavams performed in Patham.
- Candidates should know the Ragam, Thalam of the items
- Candidates should know the Slokams and the hand gestures of the Hasthams.

➤ Technical Skills and Performance

	Item	No
1	Thillana	1
2	Patham	1
3	Keerthanam	1
4	Viruttham	1
5	Patha Betha Candidate should know four different types of Patha betha and be able to demonstrate the movements with correct slokam in Sanskrit.	
6	Asamyutha Hastha Viniyogam (Sikaram – Simhamukham). Hand gestures and meaning with correct Slokam in Sanskrit	
7	3 to 4 āvartanas of śolkaṭṭu will be given by the examiner and the candidate will be expected to set aḍavus to the sequence. The śolkaṭṭu will be a recitation of simple beats as opposed towards typically used in a jati / tīrmāna	1



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➤ **Fitness & Body Training**

- Demonstration of core stability exercises
- Ability to demonstrate strengthening exercises of all major body parts

➤ **Theory-5 Written**

1	<ul style="list-style-type: none">• Leg movement : Mandala Bhedha• Jumping method : Utplavana Bhedha• Circling : Bramari Bhedha• Feet movement in walking : Chaari Bhedha• Feet Movement : Sthanaka Bhedha• Different type of walking : Gathi Bhedha
2	<p>Brief knowledge of Classical and folk dance of India</p> <p>2.1 Classical dance:</p> <ul style="list-style-type: none">• Bharathanatyam-Tamil Nadu• Kathakali-Kerala• Mohiniāttam-Kerala• Mani Poori-Mani poor• Odissi- Orissa• Kuchipudi- Andra Pradesh• Kathak-Ultra Pradesh. <p>2.2 Folk dance</p> <ul style="list-style-type: none">• Karagam• Kaavadi• Poikal Kudhirai• Oyilattam• Dhevarattam• Kai Kottukali• Taiyam• Yakshaganam• Bhagavathamela,• Bangra• Dhandiya.
3	<p>Origin of Bharathanatyam</p> <ul style="list-style-type: none">• Worldly• Historically
4	<p>Asamyutha Hastha Viniyogam (Sikaram – Simhamukham).</p>



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Hand gestures and meaning with correct Slokam in Sanskrit



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Grade 5 consists of

- Performance on Patham, Keerthanam, Thillana and Virutham
- Exercise task
- Thalam Task
- 3 to 4 āvartanas of śolkattu will be given by the examiner and the candidate will be expected to set aḍavus to the sequence.
- Asamyutha Hastha Viniyogam (Sikaram – Simhamukham). Hand gestures and meaning with correct Slokam in Sanskrit
- Theory



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GRADE CERTIFICATE PROGRAMME IN BHARATHANATYAM

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GRADE 6 (Level 3 Intermediate)

➤ **Auxillary Skills**

- Recitation, with tāla, of all rhythmic structures of the Varnam.
- Should be able to explain Nayaka / Nayaki are mentioned in their respective Varnam.
- Should be able to explain the lyrics of the Varnam and Reciting korvai's in thalam.

➤ **Technical Skills and Performance**

	Item	No
1	Padhavarnam	1
2	Perform Navarasam	9
3	Folk dance (Kuravan, Kurathi)	1
4	Candidates should know the sloka and the hand gestures of the following <ul style="list-style-type: none">• Theva Hastha• Navagraha Hasta• Thasavatharam• Baanthavya Hastha• Jaathi Hastha	
5	Asamyutha Hastha Viniyogam (Kangulam- Thrisulam). Hand gestures and meaning with correct Slokam in Sanskrit	19-28
6.	<ul style="list-style-type: none">• Thevahastham• Navagraha Hastham• Dasavadhara Hastham• Bandhavya Hastham• Jaathi Hastham	



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Fitness & Body Training

- Further development of core stability exercises.
- Thorough understanding of strength training and stretching.

➤ Theory Written

1 Candidates should know the slokam and the hand gestures of the following

- ✚ Thevahastham
- ✚ Navagraha Hastham
- ✚ Dasavadhara Hastham
- ✚ Bandhavya Hastham
- ✚ Jaathi Hastham

2 Natiyasastra

- ✚ Define-Four type of Abinaya.
- ✚ Angiha Abinayam
- ✚ Vachika Abinayam
- ✚ Aaharya Abinayam
- ✚ Saathiviha Abinayam

3 Define Eight type of hero heroin - Ashtavidha Nayaki Lakshana

**4 Asamyutha Hastha Viniyogam (Kangulam- Thrisulam).
Hand gestures and meaning with correct Slokam in Sanskrit**

Grade 6 consists of

- Varnam
- Navarasam
- Folk dance
- Fitness Task
- Thalam Tasks
- Hasthas
- Abinayam
- Ashtavidha Nayaki Lakshana
- Asamyutha Hastha Viniyogam (Kangulam- Thrisulam). Hand gestures and meaning with correct Slokam in Sanskrit
- Theory



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GRADE-7 (Level 3 Intermediate)

➤ **Auxillary Skills**

- Recitation of the songs and know the meaning of the lyrics and be able to explain any Sanchari Bhavams performed.
- Candidates should know the Ragam, Thalam of the items

➤ **Technical Skills and Performance**

Item		No
1	Alarippu - Misram	1
2	Mallari / Thodayamangalam	1
3	Javali / Ashtapathi	1
4	Dharu-Charitra Keerthanai	1
5	To be able to compose a part of Natiya Nadagam for given story line.	1
6	Samyutha Hasta Viniyogam - Double Hand gestures and meaning with correct slokam in Sanskrit	

➤ **Fitness & Body Training**

- Further development of core stability exercises.
- Thorough understanding of strength training and stretching.



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➤ Theory Written

1	Explanation of Navarasa
2	Bhava of Nayakas
3	Notation
4	Silapadhikaram (Arangetru Kadhai)
5	Detail notes on the following classical dance: <ul style="list-style-type: none">• Bharathanatyam-Tamil Nadu• Mani Poori-Mani poor• Odissi- Orissa• Kuchipudi- Andra Pradesh
6	Study of Nattuvanars and great artist Nattuvanar: Pandhanai Nallur Meenakshi Sundharampillai, Vazhuvoor Ramaiya pillai, Kanjipuram Kandhappa Nattuvanar, Dhandayutha Paanipillai. Artist:- Bala sarasvathi, Mylapore Gowri Ammal, Rukmini devi, Mirnalini Sara Bai
7	Study of Supporting instruments
8	Samyutha Hasta Viniyogam – Double Hand gestures and meaning with correct slokam in Sanskrit

Grade 7 consists

- Alarippu - Misram
- Mallari / Thodayamangalam
- Javali / Ashtapathi
- Dharu-Charitra Keerthanai
- To be able to compose a part of Natiya Nadagam for given story line.
- Fitness Task
- Thalam Tasks
- Hasthas
- Samyutha Hasta Viniyogam – Double Hand gestures and meaning with correct slokam in Sanskrit
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Grade 8 Advanced

Title: “Niruthiya Praveena”

➤ **Auxillary Skills**

- Introduction to the use of taṭṭukazhi to conduct aḍavus and practise in Pancha Jati.
- Recitation, with tālma as well as with taṭṭukazhi of rhythmic structures in all items learnt as well as the Varnam jatis / tīrmānas and korvais in Varnam swaras.
- Recitation, with tālam as well as with taṭṭukazhi, of any rhythmic patterns pertaining to the Śabdham and Keerthanam

➤ **Technical Skills and Performance**

1.	To be able to perform a MARGAM. (a complete Bharatha Natiya performance). Candidates should know the ragam and talam of all their items. To be able to sing any of their items and say any kovai or jathi with talam. Candidates should know the meaning behind the lyrics of their items.
2	Candidate should be able to exhibit that they can teach any item of the Margam to the Student by using Nattuvagam with Kaithalam.
3	Choreography of Folk Dances (Kummi, Kolattam, Karagam, Kavadi)

➤ **Fitness & Body Training**

- Understanding and demonstration of general and style-specific warm-up and cool-down.
- Demonstration of core stability exercises.
- Ability to demonstrate strengthening exercises of all major body parts.
- Controlled accuracy of limbs both in stillness and movement.
- Demonstration and explanation of exercises to help in implementation of core stability exercises within genre specific movement.
- Demonstration and explanation of the importance of a cool-down sequence after a Bharatanatyam performance.
- Ability to demonstrate and explain the concept and analysis of the principles of posture, balance and alignment for all aḍavu categories.



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➤ Theory Written

1	Stage Organisation, Light, Sound management.
2	Present Development of Bharatha Natiyam.
3	Comparison on Eastern and Western Dance forms
4	Methods and Procedures of producing Dance Dramas

Grade 8 consists of

- Repertoire list
- Tālam and Taṭṭukazhi Tasks
- Singing tasks
- Theory questions



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Reference Books:

- | | |
|---|--------------------------|
| 1. Nandikesvara's Abhinaya Dharpanam | Dr.Manmohan Ghosh |
| 2. Bharatha Kalai Kotppadu | Dr.Padma Subramaniam |
| 3. Bharathanatyam-An In-Depth study | Mrs.Saroja Vaidyanathan |
| 4. Lagu Bharatham-Vol I-III | Dr.Sudharani Ragupathy |
| 5. Lagu Bharatham-Vol I-III(Tamil Tr.,) | Dr. R.Kowsalya |
| 6. Rasa-Bhava Darshan | D.N.Malhotra |
| 7. Indian Classical Dance | Dr.Kapila Vatsayan |
| 8. Some Unexplored aspects of the Rasa theory | B.M.Chaturvedi |
| 9. Rasa Theory | Bhat |
| 10. The Number of Rasa-s | Dr.Raghuvan Vol.23 |
| 11. Studies in Nayaka Nayika Bheda | Rakesa Gupta |
| 12. Aadalisai Amutham | Dandayuthapani Pillai |
| 13. Natya Sastra-Vol I | Dr.N.P.Unni |
| 14. Bharathanatya Sastram | Sri Rama Desikan |
| 15. Tandava Lakshnam | Dr.V.Narayanaswami Naidu |
| 16. Understanding Bharathanatyam | Mirnalini Sarabhai |
| 17. Approach to Bharathanatyam | Dr.S.Bagyalakshmi |
| 18. Natya Sastra | Adhya Rengacharya |