

# Kuchipudi

## Course Schedule

### **Beginners – Level 1**

This level introduces the student to the basics of Kuchipudi. Like many other Indian Dance forms Kuchipudi follows a pattern that inculcates discipline and helps the student master the art form.

- Natya-aarambha slokas:  
Slokas are recited prior to beginning the dance. They are primarily used to set the concentration of the dancer.
- Posture  
Understanding the Soutsavam, posture for executing dance.
- Bending Exercises  
Basic bending exercises that help build stamina and teach perfecting the aramandala position.
- Pada Bhedas:  
Describe the Pada Bhadas used in Kuchipudi.
- Asamyutha Hastas:  
This depicts the single hand gestures used for conveying the meaning of song or instance. There are 24 Asamyutha Hastas in Kuchipudi.
- Adugulu – Rigor level : Basic / Set 1  
Adugulu are the first set of rhythmic movements the dancer is exposed to, more so like the basic building blocks of the dance.  
In Kuchipudi, the steps are divided into 2 series based on the rigor level.  
The first level consists of 30 steps.

### **Beginners – Level 2**

This level educates the student about the details involved in executing the basics correctly. Exercising the various aspects relating to different portions of the body is outlined here. It prepares the dancer gain firm hold of the basics prior to moving to the Jatis.

- Understanding Siro (head), Griva(Neck) and Nayana(Eye) Bheda:  
These are exercises that are specific to the movement of head, neck and eye.
- Understanding Hand and Eye co-ordination:  
The steps in the Level 1 are explained with hand and eye co-ordination.
- Samyutha Hastas:  
Hand gestures using both hands. There are 13 Samyutha hastas used in Kuchipudi.
- Stretching and Strengthening exercises

The stretching exercises help build strength in the knees, thighs and calf muscles. They also help in building body agility.

The second half of adugulu involves a series of jumping steps. The techniques of jump are taught as a part of these exercises as well.

- Adugulu – Rigor Level: Final / Set 2

The next set of adugulu comprises of 40 steps. This series exposes the dancer to various sitting, jumping and round feet movements specific to the Kuchipudi style.

### **Intermediate - Level 1**

This level exposes the dancer to relate the basics into Nritha or pure dance. Also with theory there is an introduction to Jatis in Charusra and Tripudra gati. The dancer is introduced to the basics of music, which will help in building a strong foundation.

- Picture Memory:  
Identification of famous gurus and personalities in the field of Kuchipudi.
- Nritha Hastas  
These are hand movements used in pure dance. Kuchipudi uses the 30 Nritha hastas mentioned in the NatyaShastra.
- Nadaka (walking in the dance style):  
There are various walking styles in Kuchipudi. The basic 4 are outlined in this module.
- Music Beginners Module 1:  
Music and dance go hand-in-hand. The basics of music are outlined in here.
- Jati – Level 1:  
Sequence of steps form a Jati. The dancer is exposed to interconnecting the steps they have learnt in the earlier stages into a sequence set to Thalam.  
There are 12 jatis covered in this level.

### **Intermediate - Level 2**

Level 2 introduces the dancer to Charis, a very important portion of the dance theory. The advanced Jatis are imparted along with complimentary music training.

- Music Beginners Module 2:
- Charis:  
The mutual concordance of the hands, feet, calves, thighs and hip resulting in the movement is called a Chari.  
The 16 Bhaumi and 16 Akasiki Charis are taught to the dancer.
- Jati – Level 2:  
These are advanced version of jatis primarily in Khanda and Sankeerna gati.

### **Intermediate – Level 3**

Upon successful completion of the steps and jatis the dancer is introduced to items. The module emphasizes the basic music lessons along with learning the abhinaya and dance for the basic items listed.

- Music Beginners Module 2:

- Beginning Items

The following are the basic items the student is exposed to in this Level.

- Brahmanjali
- Jatiswaram
- Koluwaitiva Ranga Sai
- Brindavana Nilaye
- Narayaneeyam

The following aspects are taught along with the dance:

- Meaning of the song
- Simple Abhinaya

### **Advanced – Level 1 (Preparing towards RangaPravesham)**

This module is designed to prepare the dancer for a Rangapravesham. Rangapravesham is the first full length stage performance of the dancer. The dancer is exposed to various shabdams, tillanas, kauthvams and tarangam in addition to intermediate level abhinaya.

- Intermediate items

The following shabdams, tarangam and tillana are taught:

- Vinayaka Kauthvam
- Natesha Kauthvam
- Manduka Shabdham
- Dasavatara Shabdham
- Bala Gopala Tarangam
- Alokaye (Tarangam)
- Hindolam Thillana

- Tarangam Preparation: Plate dance techniques

This involves extensive practice on the brass plate and perfecting the jatis to thalam on the brass plate.

- Intermediate Abhinaya:

Involves understanding the meaning of the songs and specifically enacting the abhinaya for Tarangam.

- Music Module:

The dancer should be able to execute all the jatis to thalam for all the items taught so far and should be able to identify the ragam of all the items.

Towards the end of the module the dancer completes the Rangapravesham.

## **Specialized Courses – Kuchipudi**

### **Pravesha Daruvu**

This level exposes the dancer to the Daruvu, an item variety predominant to Kuchipudi style. The focus is on extensive abhinaya with an ability to convey deep meaning.

- Pravesha Daruvu
  - Nayika Bhavam

Abhinaya training for the theoretical aspect of Pravesha Daruvu – the female roles

- Nayaka Bhavam

Abhinaya training for the theoretical aspect of Pravesha Daruvu – the male roles

- Daruvu

Medling of the dance and abhinaya into a composition.

### **Padam, Varnam and Javali**

The pre-requisite to this course is “Pravesha Daruvu” course. The dancer is exposed to various padams, varnams and javalis. The abhinaya portion is taught in detail. Emphasis is also placed on understanding the music related to each song.

### **Kuchipudi Boot Camp / Item Medley**

This course is designed for students who have significant background in Kuchipudi and would like to learn new items. A customized schedule is arranged for the student based on the student’s interest, skill-set and discretion of the teacher.

## **Exam Preparation – Kuchipudi**

### **Certificate Exam in Kuchipudi**

This course prepares the student for the “Certificate exam in Kuchipudi”. Extensive training in theoretical and practical aspects of the exam is given to the student. The student completes the “Certificate exam” under the guidance of the guru upon completion of the course.

### **Diploma Exam in Kuchipudi**

This course prepares the student for the “Diploma exam in Kuchipudi”. Extensive training in advanced theoretical and practical aspects of the exam is given to the student. The student completes the “Diploma exam” under the guidance of the guru upon completion of the course.

## **Professional Courses – Kuchipudi**

### **Performance Planning**

Student is educated on all related aspects of performance.

### **Nattuvangam**

This course teaches the technique of Nattuvangam for Kuchipudi dance form. The following are the pre-requisites to the course:

**Dance:** Knowledge of jatis – Level 1 and Level2.

**Music:** Knowledge of the ragam and thalam.

### **Choreography Techniques**

A course focused on the choreography techniques in the field of Kuchipudi. Taught by stalwarts in the field the dancer is given a unique opportunity to unleash the talents from within.

### **Patra-Poshana**

The dance form of Kuchipudi has originated from Dance dramas and hence dialogue recital is an important part of the art form. This course exposes the dancer to the techniques of dialogue recital for dramas. The artist should have music knowledge and should be able to sing.

- Dialogue recital for dramas
- Advanced Abhinaya