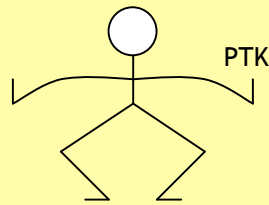


Basic Adavus of Bharatanatyam

Thattadavu

Syllables: Thaiya Thai

PTK - pataakam



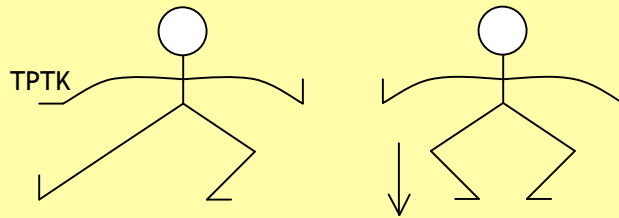
- 1) One on each leg
- 2) Two on each leg
- 3) Three on each leg
- 4) Four on each leg
- 5) Five on each leg 1... 2... 3, 4, 5
- 6) Six on each leg 1, 2, 3.....4, 5, 6
- 7) Seven beats – fourth beat on other leg 1, 2, 3, ~~4~~, 5, 6, 7
- 8) Alternate legs – four slow, three fast beats 1... 2... 3... 4... 1, 2, 3

Naattadavu

Syllables: *Thaiyum Thaththa Thaiyum Tha*

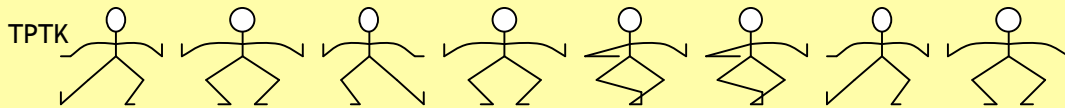
TPTK – tripataakam, ALPD – alapadmam, KTKM - katakamukham

1) One on each leg

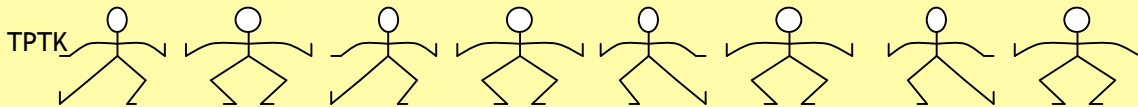


2) Two on each leg

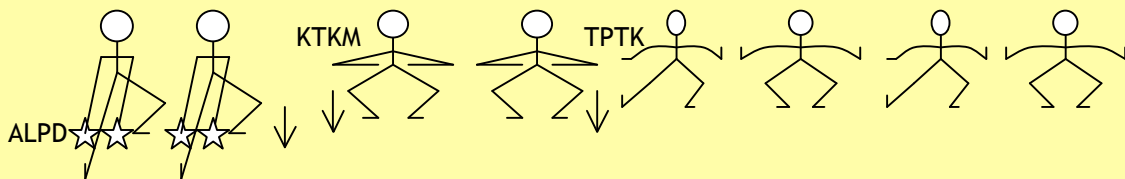
3) Right, Left, Back, Right



4) Like the 3rd, but twice of each



5) Forward



6) Forward, back

