

Nritta Hastas (30 double handed gestures)

1. *Chaturasau* tatha
2. *Udvrutau* tatha
3. *Talamukau* smrithau
4. *Swasthikau*
5. *Viprakārnau* chapi
6. *Araḷa Katakāmukau*
7. *Āvidhavakrau*
8. *Sūchasyau*
9. *Rēchitau*
10. *Ardha Rēchitau*
11. *Udhana Vanchitau* vapi
12. *Pallavau* cha tatha karou
13. *Nidambau* chapi vinyeyo
14. *Kēshabando* tathiva cha
15. *Lathākyau* cha tatha gneyo
16. *Karihasto* tathaiva cha
17. *Pakshavanchita* kau chaiva
18. *Pakshaprathyo* tako tatha gneyo
19. *Karudapaksha* cha
20. *Dandapksa* tataiva cha
21. *Ūrdva mandalinau* chaiva
22. *Pārsava mandalinau* tatha
23. *Urōmandalinau* chaiva
24. *Urahapārsvatha mandalau*
25. *Mustikau swasithikau* chapi
26. *Nalīnīpadmakoshakau*
27. *Alapallava*
28. *Ulapano* cha

29. *Lalithau*

30. *Valithau* tatha