

# Grade 3: Sivanarthanalayam



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## **THE NATIYA MARKAM**

Natiya Markam means the order of the stage programme. They are following this order.

1. Alarripu
2. Jathiswaram
3. Sabtham
4. Varnam
5. Patham
6. Keerthanam
7. Javali or Astapathi
8. Thillana

Natiya Markam is organised by Thanjai Nalvar who were a group of four brothers (Ponnaiya, Sinnaiya, Sivananthan and Vadivelu). They played a big part in revitalisation of Bharathanatyam.

## **THE NATIYA KIRAMAM**

The Natiya Kirama shows how a dance should be performed.

Yatho hastas thatho thristi.

Yatho thristi thatho manas.

Yatho manas thatho bavas.

Yatho bavas thatho rasakas.

### **Meaning**

Where hands go, the eyes must follow,

Where the eyes go, the mind must follow,

Where mind leads, bhava will appear,

Where bhava appears, different kinds of rasakas will show.

## **ALARRIPU**

1. Alarripu is the first stage programme in the Nartya Markam.
2. The word Alarripu means 'Temple Flower'.
3. Alarripu is traditionally danced to respect the gods, guru and audience
4. It begins with eye and neck movements and followed by leg movements.
5. Alarripu ends with very fast footwork. It is called the 'Theermanam'.
6. Alarripu can be performed with all five Jathis (Thisra Jathi, Cathustra Jathi, Kandajathi, Mistra Jathi and Sangeerna Jathi).
7. Alarripu is an item that belongs to Nirutham, which means that it is a pure dance with sotkattu.

Grade 3: Thisra Alarripu | Ragam - Nattai | Thalam - Tisra Eha thalam

## **PANCHA NADAI (THATTU METTA ADAVU)**

Pancha means five. That means that there are 5 different feet movements.

|                 |                                |   |
|-----------------|--------------------------------|---|
| Tisra Nadai     | Tha Ki Da                      | 3 |
| Chatushta Nadai | Tha Ka Dhi Mi                  | 4 |
| Kanda Nadai     | Tha Ka Tha Ki Da               | 5 |
| Mishta Nadai    | Tha Ki Da Tha Ka Dhi Mi        | 7 |
| Sangeerna Nadai | Tha Ka Tha Ki Da Tha Ka Dhi Mi | 9 |

## **NAMASKARAM**

1. Namaskaram is always done at the beginning and at the end of the dance class.
2. Namaskaram is divided into two parts: 'Big Namaskaram' and 'Small Namaskaram'. Big Namaskaram is done in a Bharatanatyam stage performance; Small Namaskaram is done in the classroom.
3. It respects the Gods, Guru, Astathikupalakar and Boomadevi.
4. In Namaskaram, there are four muthras used: Kadakamugam, Sikaram, Chathuram and Anjali.
5. Another name for the Namaskaram is the "Thattikumpidal".

## ADAVUS

1. Adavus are the basic steps in Bharathanatyam.
2. It has a combination of different feet movements (patha petham) and hand movements (hasthas).
3. Another name for Adavus is 'Karanam'.
4. A dancer's technique totally depends on the amount of practice they have had of these adavus.
5. Without Adavus, we cannot perform Natiyam because many adavus make Korvais and Korvais make Natiyam.
6. Adavus are usually performed in 3 speeds, 1st speed (vilambitha laya), 2nd speed (madya laya) and 3rd speed (duritha laya)  
(Laya means speed)
7. There is a particular sollukattu for each Adavu with particular thalam and rhythm.
8. There are several types of Adavus in Bharatanatyam. According to the book "bharathakalia kodpadu" which are thattadavu, nattadavu, thati mettadavu, kuthadavu, kuthitu mettu adavu, marthithi adavu, sarukal adavu, mandiadavu, paaichal adavu, sutral adavu, korvai adavu, makuda adavu.

## **MUDRAS**

1. Mudras are different hand Gestures (positions) .
2. According to the book “Abinaya dharpana”, there are two major varieties of hastha , which are: Asamyutha Hastas (*single hand*) and ‘Samyutha Hastas’ (double hand).
3. Asamyutha hasta has 28 mudras & Samyutha hasta has 24 mudras.
4. Another name for Mudras called ‘Hastas’.
5. Each mudra has a different meaning in Bharatanatyam called Viniyogams. They are very important in Bharathanatyam because they express the meaning of the lyrics. *Eg: makute: crown*
6. Mudras become the conscious translator of thought to the universe.

## Division of the dance

Bharatanatyam divided in to three main divisions which are:

1. Nirutham
2. Niruthiyam
3. Natiyam

### NIRUTHAM

1. Nirutham describes pure movements in dance.
2. It does not have facial expression.
3. The movements have no special meaning; it is done to create beauty and pleasure.
4. It has lots of footwork.
5. People cannot understand the meaning, but this dance can be appreciated by all people and performed because of its pure beauty.

*Eg: Alaripu, Jathiswaram*

### NIRUTHIYAM

1. Niruthiyam is a form of dance which includes both rasa and bhava.
2. It has facial expression and meaning.
3. Niruthiyam is filled with different kinds of flavours and moods.
4. All kinds of people can understand the meaning.

*Eg: Sabtham, javali, Patham*

## NATTIYAM

1. Nattiyam is drama.
2. It has dancing and acting.
3. It has a combination of Nirutham and Niruthiyam.
4. The dancer uses her own imagination and creation.
5. It tells a story or any incidents. *EG. DANCE DRAMA*

## **DIFFERENCE BETWEEN ASAMYUTHA HASTA & SAMYUTHA HASTA**

1. Asamyutha Hastam are single hand mudras and Samyutha Hastam are double hand mudras.
2. There are 28 mudras in Asamyutha Hastam and 24 in Samyutha Hastam.
3. When we dance Adavus, we use Asamyutha Hastas a lot; we don't use Samyutha Hastam as much.

## **KORVAIS**

1. Lots of Adavus mixed together is called a Korvai.
2. Lots of Korvais makes Natiyam.
3. Korvais should have rhythm.
4. When composing Korvais, certain rules must be followed.
  - a) Make sure that Adavus balance on both sides.
  - b) You should not repeat any Adavus.
  - c) It should end with Kita Taka Tarikita Thom or Thathing Kina Thom.
  - d) It starts with first speed and goes on until it ends with third speed.

## Siro Betham-9

Siro Betham means 9 different head movements .They are,

1. Samam - looking straight.

Used- (beginning of the dance)

2. Udvahitha – Your face is pointed up.

Used - (show high objects ).

3. Adhomuka- Face down.

Used - (show looking down , bowing).

4. Alolitham - Head moves in a circle.

Used - (show excitement, fainting)

5. Thutham – Head turns left and right.

Used- (say no and impatience.)

6. Kampithamsha – Nod your head up and down.

Used - (enquiry , suggestion)

7. Paravrittam – Head faces one side.

Used - (show anger, avoid some one)

8. Uksiptam – Head turns the other side.

Used (show direction, acceptance.)

9. Parivahitam – Slowly head shakes side to side.

Used (show beloved and pleasure.)

## **Thirusti Betham – 8**

Thirusti Betham means 8 different eye movements.

1. Samam – Look straight.

Used (show calmness)

2. Alolitham – Look all around.

Used (show emotions).

3. Sachi – Look to one side.

Used (show secret purpose)

4. Pralokitham – Look side to side.

Used-(show looking both sides).

5. Nimalitham – Half close your eyes.

Used (show prayers.)

6. Ulogitham – Look up.

Used (show high objects.)

7. Anuvritham – Looking up and down very quickly.

Used (show anger.)

8. Avalokitham - Look away.

Used (show shadow.)

## Griva Betham – 4

Griva Betham means different kind of neck movements.

1.Sundari – Move the neck side to side ( attami)

Used to show pleasure and chat.

2.Tirascina – Neck moves one side .

Used to show snakes.

3.Parivarthitha – Move your neck in a half moon sheep.

Used to show love.

4.Prakampita – Neck moves forward and back.

Used to show pigeons.