

# **STUDENT'S WORKSHEETS**

FOUNDATION PROGRAMME FOR  
LITERACY, NUMERACY AND SKILLS

## **DANCE**



**GRADE 9**

**TITLE OF CARD :**

**Techniques of Dance- Fundamental steps**



**MOE  
MAHATMA GANDHI INSTITUTE  
2026**

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**GRADE 9**

**STUDENT'S WORKSHEET**

**Card 4**

**Title of Card: Techniques of Dance-  
Fundamental steps**



## Introduction

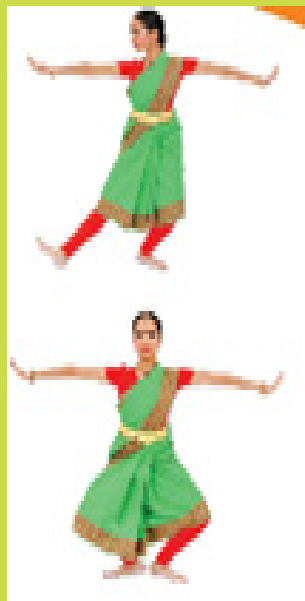
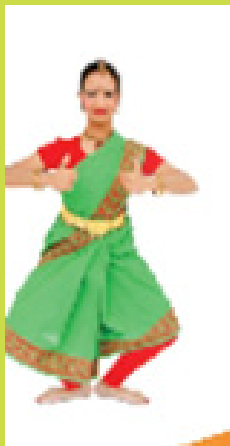
### Bharata Natyam

As learnt in Grade 7 and Grade 8, Adavu means basic unit of dance. It is of crucial importance in Bharata Natyam. In order to develop good dancing skills, mastering the adavus in all three speeds is very important.

The shutru adavu usually consists of the twisting and turning movement of the body. The sollukattus of the Shutru Adavus are Tat Tai Tam Dhit Tai Tam.



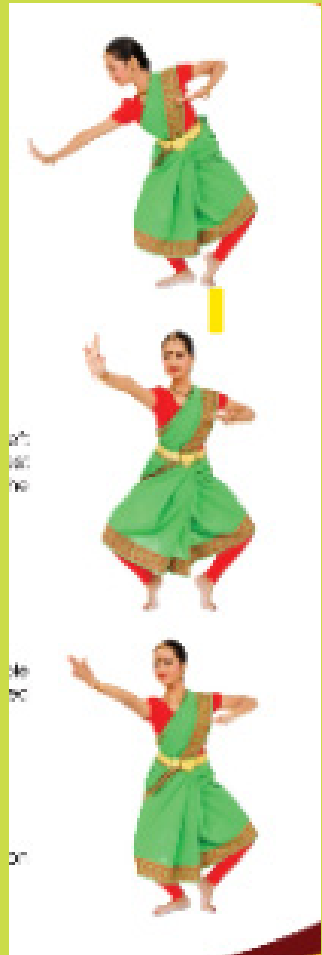
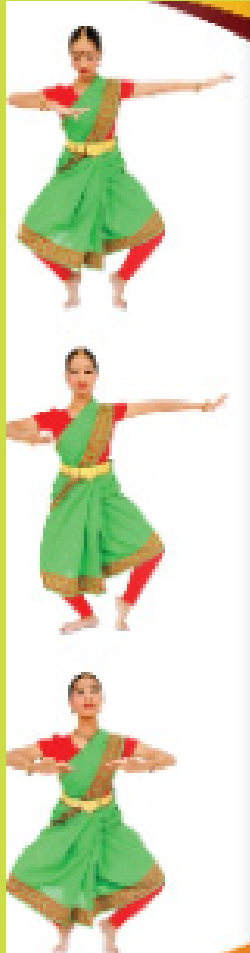
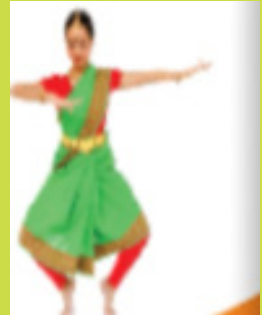
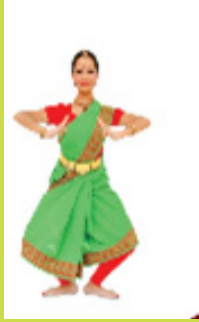
## Shutru 4th



Yetta Adavu series consist of Adavus that are executed in the same place. The feet movements comprise mainly of stamping and small jumps on the toes with both feet simultaneously. The syllables for Yetta Adavu series are Tat tai ta ha dhit tai ta ha.



## Yetta 1st step





## **Kuchipudi**

Here is quick recap of the technical terms used in Kuchipudi classical dance.



## **Adavu**

An adavu is a fundamental dance unit where the hands, feet, head, eyes and other parts of the body move in a coordinated manner.



## **Patakshara**

It is a rhythmic syllable recited when executing an adavu.



## **Anga Shuddham**

It is the clarity of body movements while dancing.



## **Vaishnava sthanaka**

It is the half sitting position in Kuchipudi dance.



## Sausthava

The standing position with the feet held together and the chest is slightly bent forward.



## Natyarambhe

The semi-circular position of the arms.



## Pada Bhedas

Pada bhedas are the positions of the feet and are seen in the various adavus.



## Usi

Usi is referred to as the dipping movement in Kuchipudi. Mandi adavus consists of a slight hop while sitting down completely on the toes and springing back to a standing posture.



## Tat tai Hitta Adavu



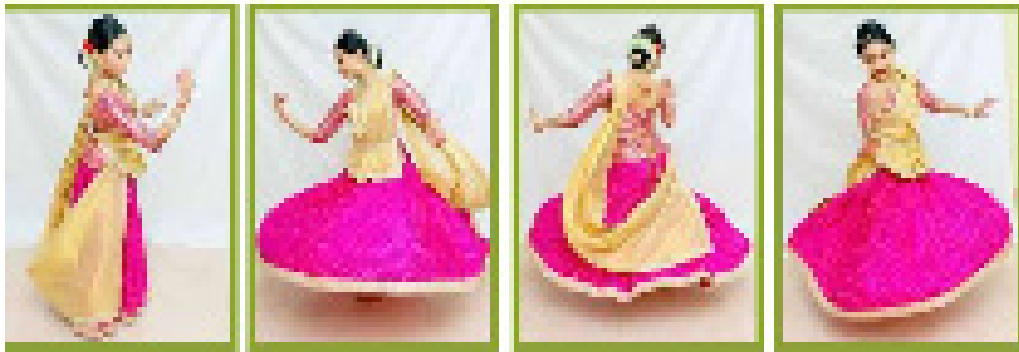
Muktai is an adavu which is repeated thrice or in multiples of three both at the beginning and the end of a dance sequence.





## Kathak

Tatkaar and chakkar-s are special features of Kathak dance style. Tatkaar is the basic footwork in Kathak dance. It also represents an execution of a set of footsteps in several variations. Bant means to share. A bant is executed in fast tempo. It involves tatkaar in different patterns and in many variations. Chakkar is the dynamic use of spins. The techniques of spins are properly and beautifully executed after a long-dedicated practice.





## Activity 1

### **Bharata Natyam- Fundamental Adavus**

- Practice selected adavus such as shutru and yetta in three speeds.
- Focus is placed on araimandi posture, foot stamping, coordination of hands and eyes and maintaining rhythm using sollukattus.



## Activity 2

### **Kuchipudi- Fundamental Adavus**

- Practice Tat Tai Hitta adavu and mandi adavu.
- Focus is on anga shuddham, Vaishnava sthanaka, dipping movements and coordination of hands and feet.
- Simple pataksharas are recited during performance.



### Activity 3

#### **Kathak -Tatkar fundamental footworks.**

- Practice basic tatkar using heel and toe movements, clapping to counts.
- The activity progresses from slow to medium tempo.
- This activity can be carried out individually or in groups



### Extension Activity

#### **Bharata Natyam- Adavu sequence**

- Combine 2-3 learnt adavus to create a short sequence and perform it in slow and medium speed, focusing on smooth transitions and stamina.

#### **Kuchipudi- Muktai Challenge**

- Perform a muktai adavu repeated three times, maintaining consistency, posture and rhythm throughout the repetition.

#### **Kathak- Tatkar with variations**

- Perform tatkar with a change in tempo and add a simple chakkar at the end while maintaining balance and rhythm.



## Self Assessment

Name:

Date:

1. Tick the following Multiple-choice questions.

1. What does the term Adavu mean?

- a) A costume used in dance
- b) A fundamental unit of dance movement
- c) A facial expression
- d) A musical instrument

2. Which posture is mainly used in Bharata Natyam?

- a) Sausthava
- b) Araimandi
- c) Samapada
- d) Chakkar

3. Tatkar is the basic footwork of which classical dance form?

- a) Bharata Natyam
- b) Kuchipudi
- c) Kathak
- d) Odissi

**4. What does Anga Shuddham refer to?**

- a) Costume design
- b) Clarity of body movements
- c) Speed of dance
- d) Use of music

**2. Answer the following short answer questions.**

**1. Name one adavu practised in Bharata Natyam.**

.....  
.....

**2. What is Tatkar in Kathak?**

.....  
.....

**3. Write one importance of learning fundamental steps in classical dance.**

.....  
.....

**4. What is Vaishnava Sthanaka in Kuchipudi?**

.....  
.....

**3. Tick ✓ the dance form you practised today:**

- Bharata Natyam
- Kuchipudi
- Kathak

**Write one movement or step you enjoyed performing:**

.....  
.....

**4. Colour or circle the emoji that best shows how you feel:**

I can... 😄 😊 😐

Maintain correct posture     
Perform basic footwork

I can... 😄 😊 😐

Follow rhythm and counts     
Coordinate hands and feet     
Perform confidently



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