



Shri Laxmi Narayan Nrityashram Sanstha

Bhatkhande Sangit Vidyapith (Kathak Dance)

PRATHAMA (First Year) - PRACTICAL

M.M.-200

Trital

- (1) Tatkar (Basic steps) in Barabar, Dugun and Chaugun Layas.
- (2) At least eight simple varieties of the Tatkar.
- (3) Basic hand movements combined with Tatkar.
- (4) Rang Manch-ka-Tukda (Salami).
- (5) Two 'Ta Thei Tat' Amada.
- (6) Five examples of Tihais.
- (7) At least fifteen preliminary Tukdas.
- (8) Practice of performing Chakra.
- (9) Practice of Padhant.
- (10) Three simple Nikas Gats with Chal and Gats of Bansuri, Mukut and Gagar Mataki with Chals.