

**SWAMI VIVEKANANDA CULTURAL CENTRE
HIGH COMMISSION OF INDIA
SUVA**

Indian Classical Dance – KATHAK

BEGINNERS CLASS:

- ❖ Theory – types of classical/folk dances in India.
- ❖ Famous dance Gurus in India.
- ❖ Position and posture.
- ❖ Tatkaar.
- ❖ Notes.
- ❖ Vocal.
- ❖ Tatkaar – footwork (practical).
- ❖ Namaskaar.
- ❖ Hand exercises.
- ❖ Exercises with Rhythm.
- ❖ Tukraas.
- ❖ Chakars.

INTERMEDIATE CLASS:

- ❖ Ganesh Vandana.
- ❖ Tukraas – continued.
- ❖ Tatkaar – continued.
- ❖ Chakars – continued.
- ❖ Palta.
- ❖ Tihai.
- ❖ Kathak Dance items (Light classical).
- ❖ Folk Dances.
- ❖ Tribal Dances.
- ❖ Fusion (Indian & Native Fijian/Island).

ADVANCE CLASS:

- ❖ Gatnikas.
- ❖ Tarana.
- ❖ Darbari.
- ❖ Folk Dances.
- ❖ Tribal Dances.
- ❖ Dance Dramas.
- ❖ Fusion (Indian & Native Fijian/Island).
- ❖ Ballets (Dance Dramas).