

## 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).