

SATURDAY 24 OCTOBER 2026

Building Stamina Through Continuous Nattadavu Practice



Took part **7**
Where aikyam space, Fort Kochi
Run by Thudippu Dance Foundation and
Aparna NS

Facilitators **1**
Club Dance Club
Facilitated by Aparna NS

Input

What went in

- Continuous practice of all Nattadavus
- Practice across all three speeds without stopping
- Encouragement to maintain movement and rhythm through the sequence

Time

1.3 hours

Activity

Stamina is an important part of dance, and it develops gradually through regular practice from the early stages of learning. In today's class, our women's batch (aged 30+) focused on building stamina by practising all the Nattadavus continuously, without stopping, across all three speeds.

The students felt tired, but they kept going and completed the practice without giving up. Their determination reflected their dedication to learning dance. Continuous practice helps dancers build the stamina needed to sustain movement and rhythm.

Outcome

Stamina Balance, control, spatial awareness Confidence in movement

The students completed the continuous practice despite feeling tired. Their effort and persistence showed their commitment and gave them an opportunity to practise sustaining movement across all three speeds.

(Participants told us)

Learnings

Stamina develops over time through consistent practice. Students experienced the physical effort involved in continuous dance practice and practised persistence while maintaining movement and rhythm.

Run this activity yourself. You are free to copy, change and share this write-up, as long as you credit aikeyam space. Photos are not included. (Creative Commons licence CC BY 4.0: <https://creativecommons.org/licenses/by/4.0/>)