
SUNDAY 27 SEPTEMBER 2026

Building Rhythm and Coordination Through Revision



Where aikyam space, Fort Kochi
Run by Thudippu Dance Foundation

Club Dance Club
Facilitated by Aparna NS

Input

Materials Revision session on Adavus and Mudras.
Time 2 hours

Activity

On Sunday, most students were absent, so I used the class to revise Adavus and Mudras and introduced basic Chollu and Thalam. This helped me realise the importance of adapting my teaching to the students' needs and giving them enough time to develop rhythm and coordination. I learned that even a small class can be a valuable opportunity to observe and support each student.

Outcome

Students strengthened their understanding of previously learned Adavus and Mudras.

Learnings

Smaller classes provide valuable opportunities for individual observation, feedback, and support.

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