SATURDAY 21 NOVEMBER 2026

Learning Nattadavu through step-by-step co-ordination

Took part	6 to 10	Where	aikyam space, Fort Kochi
Run by	Thudippu Dance Foundation and Aparna NS	Facilitated by	Aparna NS

Audience
The children's batch.

Steps
- Revised the chapters taught in previous classes.
- Introduced new Adavus in Nattadavu.
- Practised the leg movements separately.
- Practised the hand movements and Mudras separately.
- Combined the hands and legs, asking the children to perform them together with co-ordination.

Response
The children tried to co-ordinate their hand and leg movements and keep the Mudras while doing the steps. Combining everything was challenging, so we first practised each part separately.

Materials
- Previously learned chapters for revision
- New Nattadavu movements
- Separate practice of leg steps and hand movements
- Mudras practised with the hand movements

Other outputs
- The children revised the chapters they had learned before.
- We introduced new Nattadavu Adavus, and the children practised them.
- The children practised combining leg steps, hand movements and Mudras.

Evidence
At first, the children practised the hand and leg movements separately. When they brought them together, they began working on co-ordinating both parts while keeping the Mudras. Their practice showed improvement in body co-ordination and gave them a chance to use several dance elements at once.

We observed this.

Learnings
Breaking the Adavu into separate hand and leg movements helped the children approach the new steps gradually. They were then able to try combining the movements and Mudras.

Kind of learning: went well

What we would do differently

I would continue building the Adavu step by step. I would allow more time to practise the hand and leg movements separately before combining them.

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