



भारतीय सांस्कृतिक सम्बंध परिषद
Indian Council For Cultural Relations

Routes 2 Roots™



Kathak Lesson Plan



Welcome to this Kathak class which has been organized by Routes 2 Roots in association with Indian Council for Cultural Relations and Centre For Cultural Resources and Training. We will be conducting this class every Friday at 2 pm IST

2024

Lesson
1

RICHA JAIN

19-Jan-24

- Introduction about Kathak
- Ppt on the history of kathak
- Elements of Kathak – Gharanas, Costume, Jewellery etc
- Bhumi Pranam
- Rhythm - Footwork, and Tatkaar (16 beat rhythm pattern Teentaal)
- Basic hand position

Lesson
2

RAGINI MAHARAJ

2-Feb-24

- Footwork – Tatkaar (Revision of 16 beats footwork)
- 3 Hastaks
- 3 Hastaks - Coordination with footwork

Lesson
3

RICHA JAIN

9-Feb-24

- Revision of footwork
- Revision of 3 hastaks with footwork
- Costumes of Kathak PPT
- Hand movements 4th and 5th
- Coordination of 4th and 5th with footwork.

Lesson
4

RAGINI MAHARAJ

16-Feb-24

- Revision of footwork
- Revision of 1-5th hand movements coordinated with footwork
- Introduction to spins using 5 feet & 4 feet alternately and their types

**Lesson
5**

RICHA JAIN

23-Feb-24

- Revision of footwork
- Introduction and Teaching of Tihaai
- Instruments PPT

**Lesson
6**

RAGINI MAHARAJ

1-March-24

- Warming up with Footwork
- Revision of Tihaai
- Introduction to Toda

**Lesson
7**

RICHA JAIN

8-March-24

- Warming up with Tatkaar
- Usage of heels in Tatkaar
- Revision of Toda and Tihaai

**Lesson
8**

RAGINI MAHARAJ

15-March-24

- Warming up with Tatkaar
- Introduction to Krishna Kavitt (Theory)

**Lesson
9**

RICHA JAIN

22-March-24

- Warming up with Tatkaar
- Famous Kathak dancers of India PPT
- Krishna Kavitt Teaching (Practical)

**Lesson
10**

RAGINI MAHARAJ

29-March-24

- Warming up with Tatkaar
- Revising previously taught Tihaai and Toda
- Teaching New Tihaai

**Lesson
11**

RICHA JAIN

5-April-24

- Warming up with Tatkaar
- Revising New Tihaai
- Panghat Leela – Gat Bhav

**Lesson
12**

RAGINI MAHARAJ

12-April-24

- Warming up with Tatkaar
- Revising Panghat Leela
- New Hand movements with Footwork