

P A A D A

B E D A S

P R A N A V A M

POSITIONS OF FEET



PRANAVAM

PAADA BEDHAHA VINIYOGA:

Mandalothplavane chaiva
brahmari paadacharika
Chathurdha paadabedhaha
syusthesham
lakshanamucchyathe

DEFINITION:

Meaning:

Mandala – Sitting in aramandi with Naatyarambam

Uthplavana – To jump forward, the left leg following the right leg and sitting in ayatham

Hands : Left – Katakamukha (Over head); Right – Mukulam(chest) to Alapadma
(Extended in front)

Bramari – Taking the left leg behind and rotating and facing forward in sama padam

Hands : Left – Katakamukha (Over head); Right – Katakamukam (chest) to
Alapadmam (Extended in front) to Katakamukam (chest) while rotating

Paadacharika – To move forward in a rhythm with kuluku and end it with samapadam

PRANAVAM

MANDALA BEDHAHA VINIYOGA:

Sthaanakam chaayathaaaleedam
prenkhana prerithaani cha
Pratyaleedam swasthikam cha
motitham samasuchika
Paarshvasuchithicha dasha
mandala neerithaaneeha

DEFINITION:

Meaning:

Sthaanakam – Sama padam

Ayatham – Sitting in Araimandi with Naatyarambam

Aaleedam – Left leg in ayatham and Right leg placing 90 degrees angle to the left leg

Hands : Left – Shikaram; Right – Katakamukha

Prenkhanam – Taking the right leg and placing it on the same plane of the left leg in aramandi simultaneously lifting the left heel atop the floor.

Hands: Left – Pathakam; Right – Shikaram

Preritham – Striking the right leg far off from the ayatham position holding natyarambha

Pratyaaleedam – Placing the left leg in an angle to the right leg in the front side way

Hands: Left – Shikaram (Stretched); Right – Katakamukha

Swastikam – Placing the toes beside each leg front and back in standing and sitting position 4 times each

Hands: Swastikam

Motitham – Mandi adavu in the right side

Samasuchika – From mandi position bringing down the left leg and holding hamsasya in both the hands

Parshva Suchithicha – Rising the left knee and holding kurmahastham

PRANAVAM

STHAANAKA BEDHAHA VINIYOGA:

Samapadam chaikapadam
nagabandasthathaha param
Aindram cha gaarudam chaiva
brahmasthaanamithi kramaath

DEFINITION:

Meaning:

Samapaadam – Standing with the feet together

Ekapadam – Standing with the right leg on the left. Hamsasya in both the hands, the left in chest level and right above the head

Nagabandasthathaha – To cross the legs in kuttanam and to keep nagabandham in the hands

Aindram – To place the right on the left leg in Aramandi position

Hands: Tripathakam crossed over the head

Garudam – Sit on the right leg and stretching the left leg back in the same plane pressing the toes

holding Garuda in hands.

Brahmasthanam – To sit down in padmasana holding hamsasya in both the hands

PRANAVAM

UTPLAVANA BEDHAHA VINIYOGA:

Alagam karthari vaashvothplavanam
motitham thatha
Krupaalagamithi khyatham
panchadhyothplavanam budhaihi

DEFINITION:

Meaning:

Alagam – To jump from samapadam to ayatham holding shikaram in both the hands

Karthari – Karthari advau

Ashvothplavanam – To jump forward in samapadam the left following the right. Holding
sideway

pathakam in left in chest level

Motitham – To jump sideways with swasthikam.

Shikaram above the head and pathakam flat in natyarambam level.

Krupalagamithi – To jump forward in araimandi, the left following the right. An inverted
katakamukha in

left hand and right hand – katakamukam to alapadmam to katakamukam

PRANAVAM

BHRAMARI BEDA VINIYOGA:

Uthplutha brahmari chakrabrahmari
garudaabhidha

Thathaikapadhabrahmari
kunchithabrahmari thatha
Akaashabrahmari chaiva
thathaangabrahmarithi cha

DEFINITION:

Meaning:

Utpluthabrahmari – Jumping and turning around in samapadam

Chakrabrahmari – Katakamukam in both hands, left sliding back and turning the right

Garudabhidha – Rotating with garuda hastha with the right leg in samapadam (aramandi) and the left

rising in an angle

Ekapadabrahmari – Left leg in samapadam and turning around with right leg

Kunchithabrahmari – Left leg in aramandi and turning with the right leg

Akashabrahmari – Jumping and turning around by spreading the legs in air

PRANAVAM

CHARI BEDHAHA VINIYOGA:

Aadhothu chalanam proktham
paschaachamkramanam thatha
Saranam vegini chaiva kuttanam cha
thathah param
Lutitham lolitham chaiva thatho
vishamasancharaha

DEFINITION:

Meaning:

Aadhothu chalanam – Casual Walk

Paschaachamkramanam – Walking forward with kuluku

Saranam – Slow walking with the toes

Vegini – moving fast with the heels (running)

Kuttanam – coming back on heels

Lutitham – Thattu mettu in right

Lolitham – Thattu mettu in left

Vishamasancharaha – Crossing the legs and
walking with nagabandam in hands